



HOW TO STOP **RAPE**

~ for
Dummies

VIYAAT RESEARCH (Arijit)

VIYAAT
RESEARCH

Rape is not a new problem in society. After a rape occurs, everyone gets busy with just sympathising with the victim; while in many cases, the rapists don't get any punishment at all. In my opinion, it is more important to prevent rape rather than punish the rapists because if we can prevent a rape, then a potential victim can avoid life-long trauma and a potential criminal can avoid carrying the tag of a rapist for the rest of the life.

Keeping this win-win situation in mind, I have written this book about rape psychology and rape prevention. I have tried to maintain a gender, age and religion-neutral perspective throughout the book because rape can happen to anyone.

The book contains the psychology behind rape, different types of rape, how different habits may increase the chance of rape, short-term and long-term solutions to prevent rape, and more.

This book will tell you things about rape that you don't know but you'll thank me for telling you.



The book contains
gruesome details of some
cases. Readers under 14
must be accompanied by
a parent or an adult

MRP -



HOW TO STOP RAPE

- *for Dummies*



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Published by: Viyaat Research (Arijit)

HOW TO STOP RAPE - for dummies

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Published by: Viyaat Research (Arijit)

1st Edition: May 2024

Book Cover: Viyaat Research (Arijit)

Design and Editing: Viyaat Research (Arijit)

Printing: Cardzz Solution (cardzz.print@gmail.com)

ISBN: 978-93-340-6063-8

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Dedication

~ To the people of the rape-less society of the future.

Preface

This book was supposed to be a small script for one of my YouTube videos, but things kept coming out and the word-count kept growing. Here, I have tried to talk about the psychology behind rape based on different case studies and research. I have tried to maintain a gender-neutral, religion-neutral and age-neutral stance throughout the book. One thing to mention is that there will be gruesome details of some major cases to give you an idea of how dark the world can be. This book might not be politically correct because I have criticised the law and talked about unconventional ways to counter rape. The majority of the statistics and cases mentioned here are based in India, but the psychological process is the same for all rapists and the possible solutions mentioned can be applied irrespective of place and ethnicity.

This book can be read by anyone over 14. For those who are under 14, I want their parents and guardians to read the book and then teach their kids the main tactics. Age restriction is deemed necessary at some places, due to the ghastly and shocking nature of some descriptions of events. People with rape fantasies should read the book to self-introspect and detoxify themselves of their immoral mindset. While it has been observed that our society shows concern and demands for reparation to the victim, no measures are actually taken to change the mindset of a potential rapist. No one is a born-rapist. If we prevent a rape, we can save the victim from lifelong psychological & emotional trauma and also the world will have one less criminal. By understanding how rape psychology works, starting from a reaction to a visual stimulus to the birth and propagation of thought and then the

act, necessary steps can be taken. And by doing this, we can create a world without rape.

If a future-rapist realises that he/she can do better with life, then that will be the greatest success of this book. If a future-victim can understand and save himself/herself from becoming a victim, that will be the only accomplishment of this book.

The scenario of rape in ‘Modern’ India

Men and women are the two ends of the same coin. Together they have certain traits that make their life easier, enjoyable, satisfying, and complete. Men and women are supposed to complement and cooperate so that society can progress forward. However, due to different reasons like a mismatch of expectations or personal desires, society does not function like that. One of the burning issues in today’s India (if not the whole world) is – Rape. Rape is such a complex issue that people hardly know why it actually happens. Any person- be it a woman, a man, a child or an LGBTQIA+ can become the victim of rape. In this book I have considered the rapist to be someone who has male genitalia – this can be a biological male or a transgender male (F to M), or someone (including a woman) who assists a rapist to rape. In my opinion, rape is an incident where someone irreparably snatches another person’s respect and modesty.

Our Indian laws regarding rape are not gender-neutral, moreover, the legal system often fails to render justice to the actual victims. Our laws have defined rape to be “Sexual intercourse

(vaginal/anal/oral/urethral) of women without consent or by coercion (using threats or pressures) or fraud (using drugs or lying) by men” [IPC 375]. As per this IPC (Indian Penal Code is created based on Victorian British laws in the 19th century), a woman cannot rape a man due to physical attributes, so there is no law regarding this. The IPC was originally imposed during the colonial period and since then our judicial system has been following this, though many amendments have happened.

Rape statistics of female

As per Statista Research, since 2013 in India, each year more than 30000 women have filed reports for rape. This includes females of all age groups. About 63% of the women victims belong to the age group of 18 to 30, 25% of the victims are under 18 and the rest 12% are above 35. Due to social stigma, lack of knowledge and pressure, most women, especially from rural areas, don't even file any reports. Thus, the actual numbers are likely to be much higher. NCRB (National Crime Report Bureau) suspects that there might be one rape occurring every 6 minutes, which means the number of rape happening in India every year, may be as high as 85000.

Rape statistics of male

The above data represented the case where women are the victims. But in this book, I also want to include information on men being rape victims. IPC 377 talked about unnatural sexual offences that included object insertion, and unnatural sex acts against LGBT, children & animal victims. However, IPC 377 was nullified by the Supreme Court

of India in 2018 because homosexuality has been decriminalized. Furthermore, the new Bharatiya Nyaya Sanhita (BNS) 2023 has also supported this verdict. So, basically, now there is no clear law that can help a male rape-victim above age 18. POCSO Act helps all children under 18; but due to the non-neutral nature of Indian laws, straight men or gay or transsexual (F to M) people above 18 years of age can't get effective and proper legal help if they are the victim of rape or sexual assault. Another grey area is that the law does not clarify what will happen if a woman gets sexually abused by another woman (straight/lesbian/transsexual). One thing you need to realise is that 'laws' are not equivalent to justice. Laws are a set of rules which need you to fulfil conditions and protocols to give you results- like an algorithm. So, things are more logical than emotional. Very few judges act on empathy and make decisions after evaluating both logic and emotions. Sometimes, corruption is also a factor in getting justice. So, if the criminal can convince the court or there is a lack of evidence or protocols are not followed, then the victim will not get any justice at all.

Statistics say that 70% of male rape victims are under 18. Similar to women victims, men fear social stigma. It psychologically emasculates the men because it puts a question mark on their masculinity. More than 40% of male victims never talk about their traumatic experiences. Sadly, in today's social system, men are not really taught to become masculine but still, they are expected to somehow learn to 'be a man' and perform their social roles.

Rape statistics of trans people

The scenario for transgender people is worse. The procedure to get a transgender certificate is slow and cumbersome. As a result, many trans people can't make national ID cards and don't get basic human rights, let alone help from the law. The number of rape cases registered by trans people in 2020 was only 236, which is shockingly low in comparison to the actual number. The reason is social stigma and police apathy to register complaints. Out of all trans-women, more than 30% become victims of sexual violence and many are forced to become sex workers.

Few words about marital rape

Marital rape is a case where a husband forces his wife into sexual acts against her consent. As per IPC 375, unless the wife is under 15, marital rape is not a crime because if post-marital sex is criminalized, it will rupture the sanctity of marriage; plus, wives may misuse the law like they misuse IPC 498 and other laws. In India, any contracts related to marriage, i.e. prenuptial agreement, is not considered legal because we consider marriage to be a holy bond rather than a transaction; though some judges want this to get legalised due to the increasing number of separations.

Anyway, the only way for a partner to feel not raped and the other partner to feel accused- is to clearly communicate personal expectations BEFORE & THROUGHOUT marriage. There should be a mutual understanding between both parties regarding the frequency, nature and expectations of having sex. Sexual counselling may be

useful before marriage to clarify expectations regarding sex. This type of counselling may act as an ice-breaker for would-be spouses to communicate about intimacy in a better way.

Porn has made us believe in unrealistic things about the size of the penis, the colour of the vagina, the hourglass body or six-packs, the duration of intercourse and much more. Due to such unrealistic expectations projected by such contents, it can cause misunderstandings and rift between the couple, which if not addressed professionally can even break the marriage, which eventually affects the entire family dynamics but mostly the couple and their children.

There have been horrendous cases where a husband took Viagra on the first night and the wife took so much physical damage that she ultimately passed away. If we look into the root cause, we usually find that the main issue is the lack of proper communication between the couples.

As Vatsyayana mentioned in The Kama Sutra, if a man forcibly enjoys a girl without understanding the hearts of girls, the girl will either start to hate all men or start to hate only him and go to other men seeking love. To avoid marital rape, a husband must learn the art of pleasing the wife, because oftentimes, women are shy to talk about what they want (though wives should tell what they want). Our ancient scriptures talk about sexual compatibility where girls can analyse men's non-sexual physical attributes to see if a man is sexually compatible with a woman- such knowledge is necessary to find life partners.

Most women often like intimacy and tenderness (at least at the starting phase) whereas many men just want to be so rough that the wives will lose their consciousness - this mismatch of expectations is the real reason behind marital rape. Sexual sadism or fetish disorders (non-consensual or troublesome) can be fixed through counselling. Anyway, in this article, I will not further discuss marital rape. Proper knowledge and change of habits are the only ways to solve such problems; both spouses have to work on this together.

Having said this, let's look into the psychology of rape-

Why do we fear getting raped?

Human biology and reproductive systems are different based on gender. While having sex, a man's work ends after he climaxes. But the woman has to bear a child for 9 months inside her body, which is hard and needs much more effort. During pregnancy, women go through a bunch of hormonal changes that affect their physical and mental state. As the unborn baby stays with the mother for 9 months, the mother becomes more & more invested with the baby. She tries her best to protect and provide for that baby but the world is a hard place to survive. For the security of her family, women are psychologically wired to find a male partner who will provide, protect and profess for her and her children. When a woman gets raped, she lacks that sense of security because the rapist does not promise her anything or take any consent from her.

It is quite different how men and women choose partners. A man has to build himself in order to get noticed. In normal cases, a man has to

develop his personality and impress the woman by spending time with her and doing all types of things, and after that, the woman might accept the man as a partner- the real power lies in the ability to CHOOSE. But in the case of rape, the criminal snatches away the freedom of choice, which pushes the victim, whether male or female, into an endless black hole of self-loathing, low self-esteem, poor self-confidence, inappropriate guilt and at the extreme level- suicidal thoughts and actions. Mental Disorders have a high incidence among rape victims- including Clinical Depression, Post Traumatic Stress Disorder, Severe Anxiety, Phobias, having trust issues, relationship problems etc.

Even in today's urban society, where women are often better educated and can choose to become financially independent, they know that their body, especially their chastity, is the most valuable asset. Women know that with their bodies, they can control men and get their desires fulfilled. Their self-respect and power are attached to this. This is why women fear getting their assets looted, i.e. being raped. On top of that, rape results in severe physical and mental trauma. In a country like India, where families operate with traditional values, we take chastity quite seriously. Most of the Indian rape victims reside within the age range of 18 to 30, and the same is the common age range when most Indian women get married; now if a woman gets raped, it reduces her chance to get a partner, someone who can offer her security in future life. No matter how much men sympathize with rape victims, most men will not marry a rape victim because- as mentioned earlier, most men value chastity very seriously because they prefer exclusivity in return for taking responsibility (to provide, profess and protect). On top of

that, if the woman gets accidentally pregnant from rape, then the man who marries her, will have to take lifetime responsibility of the child who is not his. There is also the victim's lifelong emotional trauma which the man has to tolerate. In some cases, a man might not fully trust the victim and think that the girl might have had consensual sex and is now lying to get a good life with someone better. So, a woman who was raped or had sex before is not the first choice of the majority of the men when it comes to marriage. This is another main reason why women fear getting raped because then they will lose the chance to get the best possible man as their partner. As per the study by Joseph J. Peters Institute in Philadelphia, women who are able to get pregnant, are more psychologically affected by rape than the victims who are underage and who are past their reproductive ability.

In the case of men, respect is a big aspect of life. Most of the things men do in life are to achieve power and respect. In this aspect, physical strength is also a major thing that brings respect to men. When a man is raped, the perpetrator uses physical and psychological dominion upon the victim to show force in the mind of the victim that he is inferior (similar to female victims). This makes the victim feel that he is incapable of saving himself, let alone others. Furthermore, he realizes his lack of power and strength; and of course, there is the physical pain. In a country like India, where society is run by men, they are supposed to be strong physically and mentally. And all men at least pretend to be so. Now, if society gets to know that a man is raped, people may feel that the man was too weak to save himself. Maybe he will receive sympathy and love from people but, somewhere deep down, everyone including the victim will know that he was weak and

helpless. This snatches the feeling of powerfulness from a man and this is the reason men fear getting raped. Both men and women (and LGBTQIA+ too) fear rape because the feeling of helplessness screws up their mental peace and self-confidence. Rape affects psychologically more than physically.

Circumstances that lead to rape & some myths related to rape

Psychology of rape 1

We all can agree that most of the rape victims are young women (18-30) and children. Those who rape young women, one of their intentions is to reproduce and pass on the genetic legacy. The rapist might not accept that but this is how the subconscious mind perceives the sexual act. The age of 18-30 is considered the best for childbirth. Most of these rapes are not to fulfil lust, but to exert dominion and power. When rapists say that they had 'fun' while raping, it is because the act made them feel powerful while they overpowered and dominated the victim. Lust for power is a trait that has been inside men since the start of humanity [Darwinian Theory].

Men are attracted towards the shape of women's bodies (especially the curves) and the reason for this is still unknown. Even women are attracted to women. Believe it or not, all men are capable of raping. It is a myth that 'men always think about sex'; if men did so, then all women would have been rape victims. In reality, today's world has the most number of psychologically weak men- who are either intimidated by women or are willing to give in to their criminal thoughts.

A rapist might rape in two main scenarios – either he has the power to do so or he has the insecurity of not having that power. In both cases, the underlying reason is his inability to control his urges. Sometimes, rape happens because rapists don't want to put the effort to get a 'yes' or consent from the victim. Somewhere I read that women are like the Moon and men are like the Sun. The sun rises and sets daily, but the moon takes 30 days to complete a cycle- which means that women take more time to get attracted and seduced than men do. Women are naturally choosy, and some men hardly get chosen. Women choose based on looks, strength, wealth, social power, personality and other competitive factors. Some men fail to achieve any of these and thus do not get chosen by women, which makes some of those men forcefully gain access to women which results in rape.

Marriage system might have been introduced to prevent rapes

Sometimes, rape happens when a victim lacks security. In the past, many men raped women to continue their own bloodline. On the other hand, some men who are successful in life (with wealth, social status, family etc.), might rape because they have the social power to commit rape without getting punishment. The concept of marriage was developed to reduce rape in the society. It is like this- if there is no lawful protector of a woman, then the chance of that woman getting raped might be high - it obviously relates to morality because as per this concept, a would not want to rape another man's wife. The concept also validates how in the early days women used to get pregnant multiple times in their lives. As there were no birth controls or abortion techniques or DNA testing, it was the husband's responsibility to

impregnate the wife so that someone else does not rape and impregnate her. Even if the pregnant wife got raped by a 3rd person, the husband would still have the assurance that the wife will not be carrying the rapist's child. This comes from a paternal instinct of caring about own genes. This concept might be a reason why many unmarried victims are asked to marry the rapists even in today's world. However, sadly, in contemporary times when pregnant women are trafficked, they are forced to abort their unborn child before they get raped- this is an immoral practice by many terrorist groups. These criminals do so to disrupt a gene pool of the opponent race and thus impose dominance.

Psychology of rape 2

Sometimes rape happens due to sadism where the criminal gets pleasure from humiliating the victim. In such cases, the more the victim suffers, the more the criminal receives psychological stimulation to commit the crime. One main reason for such behaviour is porn addiction. There have been multiple cases where men (young and old) raped women and they blamed it on their porn addiction.

The psychology behind this is explained by Sigmund Freud. We have 3 different types of minds - Conscious, Subconscious, and Unconscious. When we watch porn, our conscious mind watches that. The conscious mind is volatile, so if we watch porn just every once in a while, we do not store any significant data or trigger points in our brain. But if we watch porn regularly, the activities and circumstances and words etc. are stored in the subconscious mind. Watching porn stimulates us and those who masturbate to porn, get dopamine release which makes

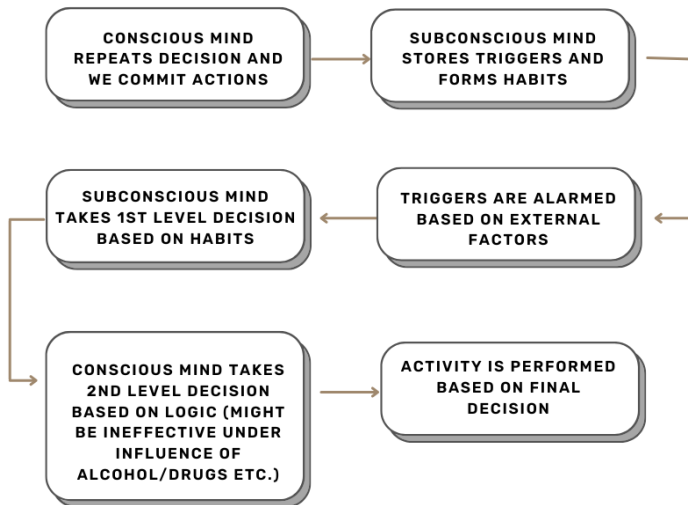
them feel good. But, in their subconscious mind, those elements get stored gradually and they start to look for those trigger elements in real life to earn the dopamine release.

When someone starts to watch porn for the first time in life, at the start the person gets dopamine from normal sexual content but as they get habituated, they need more and more stimulation and for that, they seek more and more extreme and complicated porn contents (which may or may not be illegal genres based on country-specific laws). This type of hyper-stimulation often leads to rape crimes, especially if people form habits of watching immoral porn content like child sexual assault, rape, abuse, incest etc.

As an example, suppose one guy has an addiction to watching porn about sex on the train. So, if this guy is travelling on a train, his subconscious mind will try to relate to those elements he saw in porn—the environment, the women passengers, the sound etc might trigger his urge. The subconscious mind does the first level of decision making and it makes decisions based on habits. The more habituated a person is, the higher the urge will be and the person will be more likely to take risks. We cannot control the subconscious mind actively. After it makes the first-level decision, the conscious mind does the second level of decision-making that we can control. So, even if that person on the train gets an urge to abuse a female co-passenger in the train if he has control over his conscious mind, he will shrug off that feeling like a civil person. But if his mind is unstable and uncontrollable due to severe addiction or intoxication (drugs, alcohol etc.) then his conscious mind will bypass the first-level decision and the person will approach doing

the criminal activity- like touching the woman inappropriately in a crowd or rubbing genitals against someone (Frotteurism). These types of things are quite common nowadays and not only girls but also young boys face such experiences. There was a case where a man (47) masturbated on a sleeping woman's face in a running train (Karnataka, 2024). Moreover, if such a person is intoxicated by drugs or alcohol, his conscious mind will not be able to make proper decisions and will submit to the evil subconscious mind's decision.

As you can understand, most people don't realise that porn is basically acting and role-play where most of the things are fake. The porn-stars are often forced to act and take harmful drugs to perform for a long duration. Both male and female porn-stars are highly affected; there have been many cases of suicides and deaths because of porn. A lesser-known fact is that porn is one major reason why human trafficking happens, plus, young girls are often brainwashed to do porn in the name of women's empowerment- this is nothing but a type of terrorism against womanhood. Due to this type of psychological condition, many rapists do not agree that they committed any crime, rather say that as if someone forced them to do it and they hardly feel any remorse. In the case I mentioned above where a man masturbated on a train, when the news was shown on social media, many people including women were making jokes about it- this shows how insensitive people have become and how much porn has been normalised.



Porn in ancient and modern times

Now, you might say that invention of porn videos, electronic gadgets or even porn magazines was introduced in society within the last couple of centuries, then why did rape happen before? Well, it is true, rapes have been happening since the start of humankind. We find mentions of rape in ancient texts as well – Greek mythology has many mentions of rape by Gods like Zeus & Apollo; Roman mythology has mentions of incidents like Medusa getting raped in Minerva’s temple by Poseidon/Neptune. Our Hindu textures also have mentions of cases like Indra abusing Ahalya and Ravan raping multiple women including his stepbrother’s wife. The only common thing about such instances is

that, nowhere in history and mythology, a rapist has been glorified for raping.

Ancient times also had porn content like naked idols depicting sex positions, erotic artworks and scriptures. The oldest pornographic content is found to be from 35000 years ago. It means people have had an affinity towards sex and erotic content since the start of humanity. But of course, with digital technology (computer, DVD, CD, camera, handycam etc.) and the internet, the nature of porn content, as well as the consumer's mindset and sexual appetite and taste have changed drastically in the past few decades.

It all starts with growing interest

So, the question is- is it only addiction that habituates someone's subconscious mind in a way which makes them rape? In my opinion, it all starts with curiosity. After Adam and Eve ate the forbidden fruit, they came to know about sex on their own without the help of a third party. We all are carrying that knowledge of the original sin. Children actually develop curiosity about sexuality from a very early age. Based on this innocent curiosity, they start exploring on their own. In this journey, a child comes across different situations- he/she may ask a particular question to mother, father & best friend and get different answers. Usually, kids are given the idea that sexuality is taboo (which is the right way to teach them, a kid needs not to know what sex is). Doing what we should not or doing risky things gives us a dopamine boost, or in simpler words, it makes us feel empowered and we keep craving for it more. Dopamine is the same hormone that makes you like your favourite food or makes you want to spend more time with

your crush. Habituation increases the amount of dopamine you need for satisfaction. As an example, you might want to call your fiancé once a day at the start of a relationship but after a few weeks, you might be calling the person 10 times a day - this obsession is also an addiction. Coming back to the example of the child, in this journey of being curious about sexuality, the child may come across some situations that are not suitable. As an example, one day he/she might see a neighbour naked, he/she might develop more interest in this and thus every day he/she starts to spy on this neighbour. Thus, people develop certain habits while the root goes to pure interest. Sometimes, the child may come across people who might encourage them to do such things- oftentimes it can be a similarly curious friend. These habits may turn into addiction if the child cannot refrain from doing it, plus, it may develop more perceptions and trigger points. While it is normal for anyone irrespective of age and gender to develop curiosity, it is also necessary to learn where to draw a line. During childhood, parents must take the responsibility to teach children what is right and what is wrong. Plus, it is also necessary to teach them that doing wrong will have repercussions. It can be as simple as telling a child that spying on naked people is bad and those who do so are not loved by God (I don't care if the parents are atheists). Thus, instilling morality and fear-of-god from an early age is an effective way to stop addiction and rape in the long term. But of course, for this, parents need to be vigilant and responsible. A lot of times, children develop bad habits because of loneliness- when parents can't give them time or can't create a safe space, children are likely to seek attention from outsiders; these outsiders can teach bad things to the kids.

You will be surprised to know that research found out that parents cannot actually control a person's personality, they can just influence it a little bit. A person develops their own personality based on perceptions and experiences they obtain from their external environment. This means, even if a person's parents teach him/her to not rape, that person may still develop a rape mentality through other external factors or habits and commit a crime. As per Professor Yuko Munakata, parenting does not matter much in the way most people think it does. If a parent does not want to raise a person who might become a criminal in the future, that parent needs to lead by example and give time and attention to that kid. Keeping a kid occupied in healthy activities will reduce his/her chance of forming bad habits.

More aggressive habits like porn addictions also develop from interests. It is not like someone wakes up one day and thinks about raping someone. Rather, the person first gets interested in smaller things like watching particular genres (not necessarily aggressive content) and gradually, habits form and addiction develops. Everyone's first porn video would be some soft-core, low-graphic content – these would stimulate someone a lot at that starting phase but as people consume more and more porn, they become victims of hyper-stimulation. Then, they have to consume more hard-core and unnatural content to get enough dopamine release. For an adult, it is necessary to be accountable and prevent this by developing some amount of morality. The only way is to be conscious about our habits, such as being mindful of what contents we consume, with whom we spend time etc. As an example, if you know that some genres of porn are not moral, then your conscious mind should make the final

decision to stay away from it no matter how your subconscious mind wants to consume that.

Psychology of serial rapists

Studies show that rapists don't show remorse for their crimes. The best example of such a person is American serial killer and rapist Ted Bundy or Indian serial killer and rapist Darbara Singh (Punjab). In the 1970s, Bundy raped and killed 30 women who were in the age range of 12-26. However, the actual number of his victims is suspected to be more than 100. On the other hand, Singh's victims were within the age range of only 3-10 years; he abused 23 children (male and female) in 2004 and killed 15 among them. Both of these rapists often killed the victim first and then raped the dying human. Another example is Ravinder Kumar, who raped and killed (or killed and raped) more than 30 girls of age 8-12 between 2008 and 2015 (Delhi, Uttar Pradesh, Haryana). While Ravinder was being interrogated after his arrest, he said that he was a drug addict and porn addict; plus, he said, "it was fun" to torture young girls. So, we can see a clear similarity among these criminals – they did not know that they were doing something wrong. Basically, their subconscious minds were so habituated to committing crimes one after another that rape just became a habit for them. The porn addiction, the environment etc. acted as trigger elements for them to commit the crimes. Their conscious mind failed to make any logical decision based on conscience.

When a criminal gets away after a crime, he/she gets more confident to do it next time. Another interesting thing is that, even after such habitual criminals spend time in jail for years, after release they restart

committing crimes, sometimes more violently. An example is Tamil serial rapist and killer Psycho Shankar (M. Jaishankar). He raped and killed 13 women between 2008 and 2009 in Tamil Nadu before getting arrested. In the beginning, he targeted roadside prostitutes and poor labour women but one day he raped and killed a lady constable, which made the authority take prompt action and got him arrested for the first time. But then he broke prison in 2011 and went to Karnataka, where he raped and killed 6 women in only one month before getting re-arrested.

On the flip side, there have been cases where molesters got caught early in cases like eve-teasing or molestation, and after they took counselling or realized their crime, they often did not commit any more crimes. You will often hear criminals say “The devil made me do it”. The subconscious mind is the devil. By choosing what we consume- what books we read, what movies we watch, what people we spend time with, we control our habits and thus we can suppress our inner evil.

Now, a question comes- if rape is done by the subconscious psyche to reproduce, why do some rapists kill the victims after the act. The reason is that these criminals either fear loss of their social status or they get happiness from killing. Those who fear consequences, do not want to leave any trace of the crime, especially if he got punishment before and was released- this happens mostly for criminals with psychotic disorders. If you study the case of Darbara Singh, when he started his crime at 60 years of age, he did not commit any murder until after he was released from jail. He was more prone to murdering the victims after he was released. On the other hand, Ravinder Kumar

murdered each of his victims from the 1st crime since he was 17. Psycho Shankar started his crime at 31 when he was already married and had 3 daughters. In an interview, he said that he loves to torture women while raping and killing them. A few similar patterns can be found in these rapists' crimes- both of them targeted lower-class people. Sometimes they abducted the victims and sometimes they lured them with money or food. In the case of the first two criminals, both of them did not discriminate between boy and girl while choosing a victim. All of them had no remorse for their crime and none of them changed after they got out of jail.

Psychology of rape 3

In many cases, it is seen that some rapists don't even consider the act of raping as a crime. In such cases, the rapists think that they have the right to abuse the victims, or they believe that they did the right thing by punishing the victim. So, it is important to know why rape is actually a crime and why can't people just rape others. We live in a civilized society where people have resources for spiritual development and where people have equal opportunities (however it is different from having equal consequences). So, each human should have the ability to have options – like options to choose their own life partner, options to say 'no' etc. These types of choices are harmless to all parties whereas if someone exercises the choice to rape someone, it harms one or multiple people. The victim party loses the ability to choose. In a civil social system, if one takes away that privilege from someone, then it is considered immoral and hence the legal system has termed such immorality as a crime. From a spiritual perspective, rape is immoral

because it does not include empathy, compassion and harmlessness which are the main pillars of any logical spiritual teachings. In today's time and social system, the sexual desires of one is not an excuse to rape another person. An analogy of this can be like this- Jeff Bezos is filthy rich but that does not mean poor people will go and rob him. Rape means robbing someone of his or her self-respect and free-will.

It is not about dresses

A highly considered view is that, if a woman is dressing provocatively with short or revealing outfits, it means she is inviting rapists. This is not true. Though a woman must protect her self-respect, her feminine nature seeks attention. This is one type of insecurity as well; a confident woman does not have to seek social validation. Unfortunately, the majority of women are naturally emotional and insecure due to a lack of knowledge and forming unhealthy habits - this is why many run after likes and views on social media. Anyway, that is a whole different topic outside the scope of this book. The point is, dresses or cosmetics do not mean that someone wants to be raped. The wrong idea is that men are attracted to women wearing provocative dresses or cosmetics – because, unlike women, men don't see love and sex as the same. A girl who over-sexualises herself may catch attention in the short-term but it does not mean she will be desirable in the long run. Showing off beauty is a choice for women, similarly neglecting to pay attention to those women is also a choice for men. Rape is NOT a choice. While it is necessary to teach men to suppress their urges, it is also necessary to teach women about nurturing healthy habits. Self-sexualisation is not equivalent to empowerment. This does not mean

women need to wear burkha and keep themselves locked up inside a room, rather it is necessary to know how to avoid being in vulnerable situations. This is not to spread an ‘oppressive’ mindset, but it is to be done because not every man is willing to protect every woman. Both men and women need to take accountability for their own actions and choices.

As mentioned earlier, porn addiction is a big catalyst in rape. In porn, females often wear provocative dresses and behave in seductive ways - a porn addict’s subconscious mind looks out for such trigger elements to justify his misdeeds. On the other hand, it is not true that a woman who dresses modestly, does not get raped- which means dress is just one insignificant factor behind rapes. In many Indian B-grade porn videos, models wear Indian attire- so we can’t blame it on only revealing dresses. There have been cases of nuns being raped in Kerala, Madhya Pradesh, Odisha and more. If dresses were the reason, then why a nun or a church-child, who is dressed from top-to-bottom, would get raped!! More surprisingly, such sexual abuse is committed by both male and female priests in churches.

Mechanism of gang rape

In the case of gang rape, one or a few criminals might encourage the others to be partners in crime. This is also a trigger element. A person who is disgusted by the idea of group sex or gangbang porn content is likely to say ‘NO’ to such encouragement and will try to help the victim. For the sake of writing this article, I had to study the infamous Nirbhaya Case that happened in Delhi in 2012. To give you a context, on the night of 16/12/2012, Jyoti Singh (23, physiotherapist) and her

male friend Avnindra Pratap Pandey (software engineer) onboarded a bus from Munirka towards Dwarka to reach their home after watching a movie. There were 6 other people in that bus- a driver, an assistant, a conductor and 3 passengers (a gym instructor, a fruit seller and a minor). On that running bus, Jyoti and her friend were badly beaten by a metal rod. After that, the 6 passengers raped Jyoti one after another. In the end, one of the rapists forced the same rusty metal rod inside Jyoti's genitals which ruptured her intestines. Afterwards, both Jyoti and Avnindra were thrown out of the running bus on the roadside. The passer-by people took the victims to the hospital. The doctors tried continuously to save Jyoti by performing multiple operations but unfortunately, after 14 days, she passed away.

The rapists' ages ranged from 17-30. The oldest person was the bus assistant, he was the first to abuse and he encouraged other passengers to 'have fun'. The youngest criminal who was only 17, raped her twice and he is the one who inserted the rusty metal rod inside her and ruptured her intestines. While the rapists were being interrogated after arrest, one of the rapists said that it was the girl's fault that she was out wearing a revealing dress at night. The rapists had no remorse and believed that they had the right to rectify her behaviour. Furthermore, he said that if the girl did not fight back, they would not have beaten her. After 7 years of the case, 4 of the 6 rapists were given the death penalty. One rapist committed suicide within a few days of being jailed and the minor boy had to only stay in juvenile jail for 3 years. This 17 year old rapist, Md. Afroz was from a very poor family and he was helped by some NGOs to come back to society through rehabbing. After a 3-year rehab, he is now a free man and supposedly working a small

job somewhere in India. This was a brief context of the Nirbhaya case which earned India the title of the ‘Rape Capital’ of the world. The gym instructor, the bus assistant, and the fruit seller had a history of violent behaviour, they used to be addicts and also molested girls before. The conductor was a family man, he was the one who cleaned the bus to remove blood stains to vanish evidence. This person had no particular history of social violence. This shows once again that if a person has no prior history of crime, he is more likely to take precautions out of fear. And those who got away before with crime, get more confident to do more crimes without any fear. All 6 rapists lived in the same neighbourhood and on that night they drank alcohol and were planning to go to GB Road (a red light area in Delhi) to possibly have paid-sex. Their upbringing and social environment, basically, their habits are the reasons why their inner evil got the better of them. Munirka bus stand, from where Jyoti and her friend are onboarded, after that, there is a crossroad, of which, one path goes towards Dwarka, and another goes towards GB road. If Jyoti missed the bus, this crime might not have happened. May Nirbhaya’s soul rest in peace.

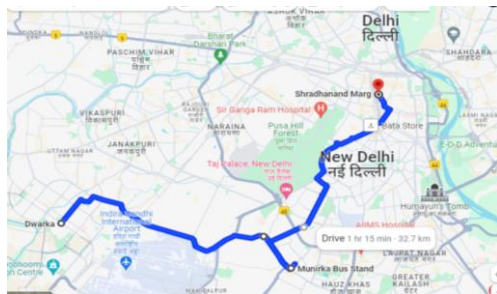


Image: Munirka to Dwarka and GB Road; Source: Google Map

Following the Nirbhaya Case, many rape-related criminal bills were passed in India to protect women. A clinical psychologist, Madhumita Pandey interviewed over 100 convicted rapists. She found out that all of the rapists felt no guilt about what they did. They always felt that it was the girl's fault that they were in the wrong place at the wrong time and behaved wrongly. Madhumita's analysis revealed that these people had created their own version of a story that would justify their actions – this is called cognitive distortion. One example of cognitive distortion is seen in the popular TV show 'Mahabharat' which is supposedly adapted from the famous Bharatiya epic of Mahabharat and Kurukshetra War. It is portrayed that Draupadi humiliated Duryodhan by saying "Blind's son is blind" and that's why they disrobed her and ultimately the Mahabharat War happened. This is NOT true because the original versions of Bedbyas's Mahabharat never mention Draupadi saying anything like this [Sabha Parba, Ch. 47]. Duryodhan was simply a psycho who liked to commit adharma without any reason. The TV show disoriented the truth to make us believe that it was Draupadi's fault that she was humiliated.

On the other hand, Madhumita also interviewed a group of murderers and found out that this group realized their misdeeds and said that they acted based on momentary irrational thinking. This shows that a rapist and a murderer think differently. Most rapists only want to punish or rectify the victim but usually do not want to kill. And the reason they hold this thought is that they develop certain trigger points through external environments like upbringing, friend circle, the community one lives in, the type of media or content (may or may not be porn) being consumed etc. As an example, if someone regularly

spends time with friends who talk about vulgar subjects then the person might think that behaviour is normal. If a kid always sees violence happening in his family, he/she might think that is the norm – this is how many abused kids turn into criminals and an example is Ted Bundy. Thus, the question remains, aren't the surroundings and the society as guilty as the rapist for not providing him the correct opportunity to develop his personality as a sane human? Or should we ignore that and consider these as butterfly effects?

Girls might be more unsafe around known people

Another myth regarding rape is that women who spend more time outside, get raped more. Honestly, I could not find any particular statistics regarding this in the Indian scenario. If I reframe the question as - do women get raped by strangers more than known people? Then the answer is, that women are more vulnerable around their known people. As per NCRB data, more than 90% rape is done by known people including family members and 25% of the time, the victim is a child. The known people include family members, classmates, online friends, family friends, employers, colleagues and neighbours. There have been many cases where family members abuse minors. Fathers are often considered role models and heroes to their daughters but there have been many shocking cases where fathers raped their own daughters. Sometimes, blind faith plays a role in such crimes. As an example, a father in Bihar raped his own minor daughters when a tantric advised him to do so to have a boy-child (2023). There have been reports filed against many fake tantrics who advise “intoxicate the girl you like and have sex with her to make her

fall in love with you”- this is nothing but giving an idea to rape someone. Lack of education and blind faith are reasons such instances happen. There have been cases where brothers raped and murdered sisters after watching porn (Uttar Pradesh-2024, Madhya Pradesh-2014). After analysing a few such cases, I have found out that, when a criminal is young, he/she tends to commit more violent crimes like gang-rape and murder- maybe because the kid is afraid of punishment and wants to leave no evidence or maybe the kid wants to validate the crime by sharing the guilt with others- so that when caught the kid can say “it was not just me”- basically inability to take accountability. Bad parenting has a direct connection to such instances. While the parents did not tell the kids to rape, they also did not help in forming healthy habits. Giving birth to a child is not equal to parenting.

When such rapists are of older age, they usually don't commit murder usually (not talking about serial rapists). This may be due to the power hierarchy in the family these men hold. In cases where older men rape their family members like their daughter or sister, they just tell them to not tell anyone. These types of rapists use fear and shame of the victim to their own advantage for getting away. Or maybe, they let the victim live because they want to keep exploiting the victim. A mother's bond with her son is for a lifetime, but the rarest of rare cases like a son raping a mother has also happened in India (Tripura- 2023, Maharashtra- 2023, Gujarat- 2015, Punjab- 2017). There was one case where the son provoked the mother to commit suicide after he raped her, and the mother did so (Uttar Pradesh- 2023). After analysing a few such cases, I have found out that, alcohol addiction and incestuous porn addiction are major elements that trigger such crime of

incestuous rape. Today's internet is full of such content, even if you search for romantic porn content, you will see contents where family relationships are sexualised. And it is not like such vulgarity is present only in porn content- there are many movies, TV series and mainstream media where such things are normalised. In March 2024, the Indian Government banned 18 OTT platforms where such content was being depicted. Bhojpuri movies and Bihari live orchestras are also notoriously infamous for propagating such content. Such contents normalise rape and people demand these because taboo things are often attractive. It is easy to ruin relationships and people these days just want easy things without any accountability (an example can be how people want to get rich fast). Contrary to being raped by a stranger, in such cases, a victim feels more helpless because sometimes no one believes them and sometimes, they just decide to remain silent out of fear and shame. Only when the girls become pregnant, the whole scenario comes out. Such instances prove that women are unsafe both inside the home and outside. Women always turn to their family members for security but when the same family members harm them in such ways, the women feel empty inside.

Poverty and Caste factors in rape

In India, rape happens due to poverty and caste discrimination as well. I read a rapist's interview where he said that he raped a 5-year-old girl because she belonged to a beggar's family and thus she had no value. While I write this book, West Bengal is burning due to atrocities in Sandeshkhali village. In Sandeshkhali, politically powerful people raped lower-caste women for years and exploited their families. In

India, women from lower castes like Dalits, SC, ST, and OBC are more victims than upper castes. These types of lower caste groups work as farmers, labourers, scavengers or simple housewives in tier 3 or tier 4 cities or villages. Their families are too poor to give them a good quality lifestyle let alone proper education. The administrative system is not transparent in such small villages, so local goons exploit people easily. These lower caste people do not receive proper help from the police because often, the police are bribed by criminals who are empowered by political parties. These victims also lack money to hire lawyers who will fight cases against the goons or local leaders. In Sandeshkhali, women were often threatened to have their family members killed if they did not comply with the criminals. The criminals tortured the men in their families if they tried to fight back and also took away their lands and properties. These atrocities continued for more than 12 years. Sandeshkhali is an example, where criminals raped to exert power and oppress people. As they fed more and more on the victims' fear, they were more and more habituated to commit crimes. Now that the women of Sandeshkhali started to protest and raise their voices together, these criminals are starting to step back (2024). A similar incident of caste-based rape happened in Uttar Pradesh's Hathras village in 2023 where a Dalit woman was gang-raped by 3 upper caste people. The rapists got away without any punishment because forever, castes like Thakurs in UP think that they are entitled to everything without any accountability. Such incidents are not the fault of just the rapists, but of the whole social system which lets such criminals get away. There are many villages like Sandeshkhali and Hathras all over

India that go unnoticed. Crimes in such small villages are not highlighted in mainstream media either.

Abuse of education and success

It is not like only uneducated people rape. It is more of a matter of thought process, how one can control one's own habits and urges. With the widespread implementation of the internet, most people have their hands on porn. Though our government has banned child porn, there is likely a big consumer base for child porn. Those who want it will get their hands on it in one way or another. Furthermore, genres like gangbang, revenge porn, and rape videos can be availed in vast amounts on the internet. It is possible to ban such websites but it needs an ample amount of funding, regular research and a good level of hacking skills to do so. The number of people who watch such content compared to the number of people who have the skills to take down these websites- is just ridiculously high. Somewhere I read about a case where goons used to abduct girls and recorded videos while raping them, and then these videos were sold to rich clients. These types of activities are also supposedly done in the dark-web's red rooms where rich people pay to see people get raped and tortured- such a consumer base is also a reason for human trafficking. As you can understand, taking a viewership in such red rooms is not cheap plus accessing these rooms is also technologically hard for non-educated people, so the consumers are often rich, educated and powerful people.

How an ethical hacker is fighting child porn

Famous ethical hacker, Ryan Montgomery talked about his experience about taking down child porn websites. In 2020, he found a website named Rapey.co where more than 7000 people used to share images of children and discussed fantasies about abusing them. The users of the websites were not only adult males but also children and women. Sometimes, the children sold their own images for money. Some fathers and mothers shared images of their children and encouraged strangers to discuss how they would abuse the children. This is nothing but a perverted sexual fantasy. In many cases, the children in the images were well under 10 years of age! Last but not least, the owner of the website was a popular American politician named Nathan Larson. The website would not let just anyone become a member; interested people would have to send images of naked children in the telegram group of the website or send a sample text about how they want to abuse young children. This type of filtration process was kept to prevent police or other administrators from keeping offshore- a civil person would not send such images or talk about abusing children. When Ryan hacked into the database of this website, he informed the news channels and legal authorities. Even though these companies initially showed interest in the subject, later after knowing that the owner was an influential politician, no one took any further steps. This is an excerpt from a post made by Larson on the website-

“It’s not enough to fu*k kids and take their innocence. You also need to reproduce the next generation with them. Let them see that you prefer to fu*k the offspring you have with them than to

continue to have sex with a woman who is no longer jailbait. But you can still fu*k sometimes, just let her know that what you love her for the most is- producing with you a fresh new young girl; and this is her main value and contribution- that you think fondly of her because that beautiful daughter reminds you of her.”

Ryan was able to take down Rapey.co and 5 more similar websites connected to the same server. Larson was arrested after a few months on charges of abduction of a 12-year-old girl. To remind you once again that this was a politician. Larson died in prison after being tortured by fellow inmates. The sad part is that there are thousands of other child porn websites where lakhs of people discuss such fantasies. We can also suspect that some percentage of these people don't stop after sharing pictures and talking about fantasies, they also commit further crimes like child molestation, rape and even get involved in incestuous abuse. From such discussions, people with rape fantasies get inspiration to commit crimes and validate their own ideas. Ryan is still continuing in his vigilante mission to take down child porn websites and expose predators while mainstream media continues to stay silent. Predators like these roam in plain sight, they leverage normal social media and game chat rooms to find young kids as their prey. Shockingly, some authorities in California (USA) have legalised having sex with children (over 14) - after this, if you think rape has nothing to do with political power, I don't know what else will convince you!! Ryan also says that there is no permanent solution to this issue except educating people, exposing predators and exposing human trafficking plans with the help of police. In my opinion, a huge number of consumers join such websites based on dark interests and fantasies -

actually, it is hard for me to believe that all of these people will actually hurt children. There are few actual criminals, who commit crimes but the rest of the consumers get dopamine boosts from talking about such fantasies. While it is apparently harmless to fantasise about sex, one must draw the line at a certain point. In such social media communities, criminal ideas get validated and encouraged, which increases the rate of crime.

Unplanned and forceful imposing of laws are useless

Whenever a crime is legalised, the rate of that crime and other crimes increases because people can commit the crime without any accountability. In Uruguay, drugs were legalised in 2013. After 2006 (67 per 10 lakh), the rate of rape in Uruguay increased for the first time in 2013 (85 per 10 lakh). In 2014 and 2015, it was 92 and 80 (per 10 lakh) respectively. However, I have not done extensive research if there is a connection between drug legalisation in Uruguay and the rape rate, there might be other factors. I have only inferred that addiction resulted in increasing other crimes like rape. But I can at least tell that drug legalisation did not reduce rape cases in that country. But a different case is that of Portugal. Portugal was called the heroin capital of the world and the HIV rate was as high as 104 per 10 lakh people in 1999. In 2001, Portugal's government decriminalised drugs and took multiple steps to implement the new policy- they introduced a support system for addicts, rewards for becoming sober, regular vigilance, anti-drug campaigns and mass education programs. In 2018, the number of heroin addicts reduced by 75% and the number of HIV cases reduced by 90%. However, I have not done extensive research on Portugal's

case, there might be other factors- like the low rate of HIV might have been due to using different syringes - so here it might not have a direct relation with rape. I have only inferred that proper planning and awareness caused a reduction in addiction and in turn rate of other crimes. Similarly, if a country wants to ban porn, then a proper planning should be done.

It is not just porn

Apart from porn, normal movies (and even advertisements) also show hyper-sexualisation. While there is a question whether these types of content should be banned, there is another question- will such steps be welcomed by the people? When the central government was planning to ban porn, there was a nation-wide revolt. Porn is a business; so if normal people demand it then there is no way the porn producers will stop making porn. Making porn is illegal in India but many don't care about the law. Porn is a huge reason behind human trafficking and sex slavery throughout the world. All men in our generation have to depend upon porn videos to learn how to have sex. Many of us don't know about safe sex, consent or ways to seduce. Many of us fail to understand that porn is just like movies- these are plotted, fictional and unrealistic. Habituating on these will develop unrealistic expectations. Thankfully, there are more and more people raising concerns about our lack of sex knowledge. There are many good specialists and teachers who are teaching sex education for free on online platforms.

But more than all these, we need to develop healthy habits. Even if one learns about consent, but keeps habituating abusive porn content, I

doubt whether he/she will not develop subconscious triggers. In 2016, in the US, authorities introduced Sex Offender Treatment Programme (SOTP) where some rapists were taught about consent, safe sex etc. Surprisingly, this program was a huge flop because after this program, the criminals committed more crimes more successfully. This happened because in this program, the criminals got a chance to discuss their own crimes and feelings, and from these meetings, they developed new ideas and trigger points, now they also knew ways to get away more successfully. If this program was implemented one-on-one, then each of the criminals might have received tailor-made solutions to improve their psyche. When people with similar mindset join their heads, they can validate their ideas- think of it like gaining inspiration from a support group. But anyway, my point is, education does not ensure that one will not rape.

Unless you have the purest of heart, you might support rape sometimes too. Maybe you might have been very angry at someone and might have hoped that the person or someone dear to that person to get raped. If you are humiliated by a girl, you might think that she should get raped as a punishment. If you clearly analyse, such intrusive thoughts arise because you want to win over that person and teach the person some lesson. This does not mean you will rape that person in real life. It also does not mean that in a sensible mind, you want such things to happen to that person for real. But these are the times your subconscious takes a 1st level decision. Another example can be like this, you have a radical ideology and someone else's ideology does not match with yours. Maybe you get triggered by that opponent's ideology. Now, if something bad happens to that person, you might think that it suits

that person. An example of this can be like this- suppose a girl gets raped and when the news gets public, many people (including women) will say that it must be the girl's fault that she was wearing a revealing dress or provoking the rapists, so she must have asked for it. Does such thinking not support rape?

'No means no' but T&C applied

Another myth regarding sexual consent is that 'NO' is actually not a 'NO'. Well, this is a half-truth because tonality of speech and body language are two big factors. A woman's feminine nature sometimes makes her shy to clearly say that she wants to have sex. If I ask a girl if she wants to have sex, and then she comes close to me and wraps her arms around my neck and moans a 'noooo' while smiling at me, then ... yeah that 'No' actually means a 'Yes'. In this case, the girl behaves such because of her feminine shyness but wants me to take the lead. In such cases, a feminine lady wishes to submit herself to a dominant masculine guy, and in such cases, it is not logical for the guy to take consent at each stage (but of course, there should be some safe-words so that the man can understand if the girl is having genuine discomfort). But when the girl is making a fearful or angry or serious face and shouts a 'NO', then it's surely a 'No'. As I said, body language and tonality of speech make all the difference. Unfortunately, men often fail to read between the lines, which results in forcing. Sometimes, men don't care about being empathetic- for example, suppose a girl gave consent and a couple started to have sex but after some time, the girl feels uncomfortable and asks to stop- in this scenario, the guy can either stop or continue without caring. This is

why a partner in a relationship might feel raped but it is necessary to understand that proper communication is important. Sexual urges of men are like the mood-swings of women – they can come and go uncontrollably. If a man tolerates a moody girl, then he will surely expect the girl to take care of his sexual urges. That's why women need to learn how to be emotionally stable- this will solve half of their life problems. Proper communication and mutual compromise are the only way to solve forced sex in a relationship (like marital rape). Just like men are not able to read minds, women are also bad at expressing themselves, which leads to tension. Some men do not have the mental strength to receive rejection and move on, so out of ego and rage, they may rape. Their psyche is like- 'if the girl does not care about my feelings, why should I care about her?'

Married people can be freakier

Another myth is that if a person is deprived of sex from his/her spouse or partner of their age which makes him/her suppress sexual urges for a long time and results in rape- this is not an excuse to rape because there are better ways to fulfil their lust other than rape. Surprisingly, most of the male rapists are married people, many rapists even have girl children. Married females also exhibit dark sexual fantasies at times, this may include supporting their partner to commit a rape (Madhya Pradesh- 2013, 2014). If someone must rape to fulfil lust, that's an addiction too and it is developed by mental conditioning and habits. In my opinion, these types of habits form because after a certain point, many married couples see normal sex as boring routine work, so they might seek unconventional ways to fulfil their fantasies- and then

they become slaves of hyper-stimulations. Sometimes, the couples bring an escort or sometimes, they force known people.

The complex relation between porn and rape

Previously, I have already talked about how porn addiction acts as a major catalyst behind many rapes. But there is more to this aspect, which I want to talk about. As you know, rape has been happening from the start of humankind, about 300000 years ago. The oldest found pornographic material is from 35000 years ago and it was some erotic idol. With the invention of the phone and internet, porn has become accessible to everyone. 90% of adults watch porn and 30% of the audience are female. In India, producing and publicly sharing porn is illegal, but still, the Indian audience ranks third in porn consumption-the epitome of double standards, eh!! While the media talks about rape cases, they say that the rapists were porn addicted; educational channels talk about the ill effects of watching porn.

So if porn is so bad, then why do people watch it so much? The main reason for us watching porn is that an average Indian is deprived of sex and wants to use porn to easily satisfy their urges. Our lifestyle is also a factor because, unlike in old times, we have become more money-minded which makes many of us get married late, as we have to gather wealth to 'prove our worth' in the marital marketplace. You ask yourself - if you have a daughter, will you give her to a guy who is 18, does not have money and does not watch much porn? Or will you give your daughter to a 35-year-old who has money but also had a fair share of sexual experience and watched a lot of porn? If you choose the 2nd option then you are greedy, if you choose the 1st option then you are a

liar. Plus, we are also not willing to wait to explore sexuality till our marriage and porn makes this easier. We live in a conservative society where even having sex is considered taboo, let alone non-marital affairs. In spite of being born in the land of Kama Sutra, we are hardly taught about the art of seduction and sex. But everyone is curious about sex, so the only option is porn. In earlier days, people would marry off their children at an early age, which would let the young couples explore each other's sexuality hands-on from an early stage. But in today's capitalist world, where everyone runs after money during their youth, this does not happen. I am not saying child marriage is correct, often the groom might be much older than the bride and many child-brides lost their lives due to child-birth in the past or even from the roughness of sex - these are some reasons child marriage is banned. But it is not like that just because child-marriage is banned, children are not having sex. Many people have sex in high school and college. My opinion is, people watch porn because they don't get enough sex. Married people watch porn because they lack an emotional bonding which causes a lack of stimulus during sex. People sometimes want variety in their sex life. Especially for an average man, it becomes monotonous to have sex with the same partner if there is a low emotional bond. The average person has very little knowledge of sex in the first place; so using the same position and techniques with the same partner becomes boring. This applies to some women as well. As a result, some people seek extra-marital-relationship, some start to watch porn more to fantasise about the things he/she wants to do but can't do.

Before 1955, Hindus could have 2 wives legally. You will be surprised to learn that the Sanatan Dharma, does not prohibit men from having multiple wives, only the law prohibits it. It basically means, that if you marry two women with their consent and they don't have any issues with this, then you will be fine; you will be punished only if the police come to know (maybe because your neighbour got jealous of you and informed the police) and decide to take action. The logic behind polygyny is based on gender roles; if a man is capable of taking care of two wives, then the wives can share chores between themselves and cohabitate. If a wife gets pregnant, then the other can help her too. Kshatriyas (kings, royals, army men) and rich Vaishyas (traders, businessmen) would normally marry multiple women before 1955. The logic is that Kshatriyas have a higher chance of dying due to their participation in war, so having multiple wives will increase their chance of having multiple children within a shorter period. For Vaishyas, a saying goes "Sailors have one wife in each port". The laws have bound Indian Hindu men from legally marrying multiple women, but do you really think that the scenario has changed much? Laws have done nothing but encourage people to get into extra-marital relationships. People with a little bit of personality, money and status can easily attract women. With the introduction of social media, things have gone more extreme. Consider any male celebrity and imagine how many girls will be willing to be with him. Before 1955, a woman would still have a chance to get the status of a 'legally married wife', but now they don't even have that opportunity. On top of that women are made to believe that marriage means disempowerment. So, sometimes, they get brainwashed and have sex with people they shouldn't have sex with

and they don't really get anything in return. In such cases, girls get raped without knowing that they are consenting to rape. The same goes for live-in relationships. Thus 'women empowerment' actually disempowers women by brainwashing them to neglect their womanhood. The literal meaning of 'Pornography' is 'Literature about Prostitutes' {Greek}. As you know, prostitution is one of the oldest occupations which is still prevalent. When the Covid pandemic hit the world, consumption of porn increased by 95% in India and the reasons are boredom and idleness. The Indian government (Department of Telecom) decided to ban more than 800 porn websites in 2018 but after Internet Freedom Foundation (IFF) asked for a show cause, the government failed to show any legal reason and unbanned most of the sites keeping the ban on only child pornographic contents (67 websites). Producing porn is banned in India but businessmen found ways to earn money by creating the new genre of 'Soft Porn' where hardcore scenes are not shown, but less erotic contents are shown. Many OTT platforms emerged where they were producing low-budget soft porn content in India. As I mentioned earlier, the scripts of such content are often about incest relationships or unusual content (teacher, neighbour, cheating etc.) Surprisingly, Indians heartily welcomed these contents. The interest was so much that lakhs of Indians paid money to subscribe to the OTT platforms. Personally, I was surprised to know this because now people don't even want to see naked content, they would just see a little bit of skin and listen to some dirty scripts and that's enough!! These provide stimulation because the role-plays are often taboo plus made in local languages. As the contents were not showing hardcore porn, the government could not legally ban

them. But some incidents happened where the administrators got tips that these OTT platforms started to produce actual hardcore porn content secretly and some OTT businesses were banned while some people like Raj Kundra and Gehna Vasisth were arrested (they got bail soon). Recently, the government decided to take down a few more OTT platforms because of excessive incestuous soft porn. Now, you can understand that banning porn has not been useful. Because people demand it- as simple as that. There are people who want to watch porn, there are people who want to do porn; otherwise, those OTT platforms would not have succeeded. When the OTT platforms got banned, these pornstars (?) moved to other platforms like Onlyfans. Onlyfans is a UK-based video chatting platform that works on a subscription system. The irony is that, it was the british victorian law that banned multiple marriages and child marriage in India saying our culture is rubbish. On Onlyfans, sex workers host erotic shows that one can pay for and watch and even interact online. And most of the sex workers are female as you can understand. So, on one hand, porn causes rape and women should not be sexualised but on the other hand, many women are sexualising themselves for attention and money. If a rapist is to be punished for not having control over their own urges and emotions, should we not also punish porn creators who helped the rapist to develop addiction in the name of fantasy? There is clearly a division among women, there is one group who is terrified of losing their self-respect and then there is another group who is getting paid and helping men form bad habits. It is found out that, the women who fall in the latter category, do so because of unhealthy habits developed by lack of care, bad parenting, bad environment or sometimes trauma.

Types of rape

There can be different types of rape, I have discussed a few types below.

1. Rape by strangers
 - a. Political rape/war rape –

Rape has been used as a weapon to exert dominion and power for ages. In ancient and medieval times, when one tribe attacked another tribe, one of the war strategies was to rape their women. This is done to weaken the mental strength of the opponent party. Honestly, men feel helpless when they cannot help their dear ones and family members. Seeing a family member getting raped- psychologically breaks down men. Furthermore, women are also raped to show that the opponent party's men are more strong and powerful than the attacked party's men. Ethnic cleansing is also a reason in this case because, in such scenarios, women are not murdered- it can be a tactic of disrupting the gene pool of an attacked party because the children of the raped women will carry on the bloodline of the attacking party. There are many war movies (some based on true events) that portray this type of war rape.

A popular movie 'Man Behind The Sun' (1988) shows how Japanese soldiers raped more than 60000 Chinese women during 2nd Sino-Japanese War and World War II (1937-1945). Labelled as 'comfort women', these Chinese women were treated as sex slaves for ages.

In India, where upper caste people or politically empowered people rape lower level people, that also is to exert power and humiliate the

lower class person. As per Geneva Convention, rape during the war is a war crime but no one really cares about following these rules, because a soldier's main task is to win the war and for that, he is encouraged to take any path. Now, you might wonder why the soldiers rape women instead of just killing them like they kill men- it is because they don't consider women to be a threat like men. On average, a man is physically stronger than a woman, plus women do not take offensive actions like men do (women would rather flee than fight). It is just how masculine and feminine natures are differently created by God.

In 1971, East Pakistan became Bangladesh and then, Hindu women were targeted and raped by Pakistani militaries – this is a major reason why so many Hindu Bengalis came to West Bengal and other states in India. At first, these huge numbers of refugees were kept at camps in Maharashtra but then, they moved to Marichjhapi (a small island in the Sunderbans, West Bengal). Here they developed their own township with straw houses, roads, markets, small factories etc. However, the ruling party in West Bengal feared a new political insurgence and decided that these refugees had to leave India. In spite of multiple failed attempts of verbal notice, the refugees did not leave the island. In 1979, the state government sent armed forces who murdered, raped and set fire to the island. As a result, the remaining refugees had to either flee to Bangladesh or other states in India. This incident has been a dark chapter in our history.

There have been cases where 25 raped victims reported the crimes done against them to higher authorities of the attacking party, only to get raped again by those higher authorities (Cyprus, 1974). The

mindset of such rapists is like - she is already raped once, it won't make a difference if we rape her again; plus she is from our opponent party so we are not bound to help her.

It is nearly impossible to stop rape during the war because it is encouraged by higher authorities and has been proven a useful planned tactic to win over opponents. In Bangladesh, Hindus were driven out using these tactics; in Kashmir, Hindus were driven out using similar tactics; Jews were driven out by Nazis- there are many such examples. In Manipur, Meitei and Kuki are also using similar tactics, while their main concern is to take lands. During the Gujarat Riot in 2002, Bilkis Bano's gang-rape case also falls under this category. The only goal in war is to capture resources and make the other party submit. Such cases prove that the real world is far darker than some rape-porn videos.

If you have watched 'The Kerala Story' (2023) movie, it has portrayed the darkest fear of any girl, which is getting trafficked and being raped by terrorists. Religious wars also use rape as a weapon to convert other parties. I highly recommend all girls, especially young girls and college women to watch the Kerala Story to identify how the tactics of conversion and trafficking are plotted by terrorist groups. These types of movies are not cups of tea for everyone but it's better to be a warrior in a garden than being a gardener in a war.

ISIS terrorists performed a genocide on Yazidis (a Kurdish religious minority) in the early 2010s because Yazidis were non-Muslims. While ISIS destroyed Yazidi villages in Iraq, they killed 5000 men and children above 10. While many Yazidi men were forced to convert to

Islam, the women were not given much choice. The captured women were sold as slaves and war brides to ISIS terrorists and influential people. In some cases, these girls were just 10 years of age. The Yazidi women who were captured and found pregnant were forced to do abortions because the terrorists wanted to wipe out the Yazidi gene pool by raping these women. While some women were raped, they were told that it was the terrorists 'sacred way' to show respect to their Allah. Some women were given a choice to convert but there were also rules that if one woman got raped by 10 terrorists, she would automatically become a Muslim. As many as 10000 Yazidi women suffered from such ill-fate and many of them are not found yet let alone getting justice.

When Portuguese traders ruled Goa from the 1500s to the mid-1900s, they also imposed a forceful conversion technique. Hindu women were raped in the name of religious cleansing. The Goanese Inquisition is a lesser-known dark chapter in dependent Bharat.

In Singur and Nandigram (2006-2007, West Bengal) the state government wanted to snatch lands from local people to create an SEZ for Tata Motor's automobile manufacturing company. When the local people denied supporting the plan, police force and political cadres were sent and local people were murdered and raped.

b. Gang rape –

As discussed above about Nirbhaya Case, one or a few rapists encourage others to be a part of such crime. Addictions (porn, drugs, alcohol etc.), wrong upbringing and habits are major reasons why

gang-rapes happen. Rapists feel no remorse for their actions. A person who has a better upbringing is more likely to prevent others from committing the crime. As found in the Nirbhaya case above, the 6 drunk people were planning to go to the red light area that night but before that, the victim boarded the bus. Maybe this acted as a trigger to them as they thought they got a prey.

Oftentimes, gangs target victims who are in secluded areas. In one case (Andhra Pradesh, 2014), a gang of 9 used to hunt down married or unmarried couples who would spend time in secluded spots like forests. They robbed the couple and then raped the female while filming the whole incident. They also threatened the couple to keep it a secret if they did not want the footage to get leaked. The gang committed 59 such crimes in Tamil Nadu, Andhra Pradesh and Karnataka before getting arrested, out of which only 16 were reported.

Another horrifying case is that of Junko Furuta, in Japan, in 1988, November. Junko (17) was a bright high school student who also secured a job before finishing school. Her classmate was Miyano, who was a member of a local gang that used to perform atrocities on normal people. Miyano proposed to Junko but got rejected and as a result, Miyano was looking for opportunities to take revenge on her. One evening, when Junko was returning home, Miyano saw her on the road and sent his friend to harass her. This friend, named Minato ran towards Junko and pushed her on the ground and left the scene. Then Miyano came towards Junko acting all innocent and offered help to Junko to safely take her to her home. Junko thought that Miyano had come to genuinely help her so she agreed. After that, Miyano took her

to an abandoned warehouse instead of her home and threatened her to have sex with him unless she wanted to get killed. A horrified Junko did not know what to do and Miyano raped her. After some time, Miyano took her to a nearby hotel, where he raped her again and phone-called Minato to proudly tell about what he had done. Minato along with two other boys, Ogura and Watanabe congratulated him and wanted to meet. Late at night, Miyano took Junko to a local park where those 3 were waiting. They threatened Junko to kill all her family members unless she complied with their terms. Helpless Junko was taken to Minato's house where she was gang-raped by all 4 criminals. Though Junko's parents filed a missing diary, Miyano forced Junko to call her parents and tell them that she went on a school excursion, as a result, the parents took back the missing diary and the police stopped searching. After this, the 4 criminals could keep abusing her without any fear or disturbance. They brought their other friends and gang-members as well. Within the first 7 days, Junko was raped more than 100 times. She was not given proper food, she was kept naked at all times, she was forced to drink and smoke excessively and she was beaten badly regularly. She was used as a punching bag and was given cigarette burns. The rapists made her drink her own waste and also made cuts on her body. They inserted iron rods, scissors, glass bottles and even burning lamps inside her private parts. 30 days passed like this and Junko was raped more than 400 times. Her internal systems started to fail, her digestive and excretory systems were not working; she was not being able to breathe properly. In spite of Junko's multiple requests for death, the rapists did not kill her. Her body was failing to heal the wounds and the cuts got infected. As a

result, the rapists lost interest to rape her but they still kept her captive. One night, Miyano lost a lot of money due to gambling and came to Junko to beat her to release his frustration. He and the others tortured her for 2 hours by throwing heavy dumbbells at her, beating her and burning her skin slowly. Junko could not tolerate further and fortunately, her soul left her body that night (04/01/1989) after 40 days of hell. After realising that Junko is dead, the 4 rapists put her inside a drum and filled it with concrete. They threw the drum in a field outside the city. Later, Miyano and Minato were arrested for raping another 19-year-old girl. During interrogation, Junko's case came out and shocked everyone. Being juvenile, the Japanese court was unable to give any 4 of the rapists the death penalty. The whole of Japan showed sympathy for Junko's mourning parents. Miyano was given a punishment of 20 years of imprisonment while each of the other 3 was given 9 years of imprisonment. This was the case of the 'concrete-encased high school girl murder case'. May god shower peace to Junko's soul in paradise.

c. Hunting rape/serial rape –

Similar to gang rape, addictions, wrong upbringing and habits are major reasons for this and rapists feel no remorse. The rapist starts from smaller crimes like eve-teasing and molesting and if caught early and given proper counselling, the person might not turn into a rapist. Most serial rapists target young women, especially minors from poor families. As the person gets more habituated to the crime, he may commit further crimes like murder after or before rape. These types of people are actually psycho with severe mental illness. Some cases of serial rape have been discussed earlier in this book where examples like Darbara Singh, Psycho Shankar etc have been discussed.

d. Authoritarian rape –

In such a subtype, people in power take advantage of naïve people or powerless ones. This is what has happened in West Bengal's Sandeshkhali and surrounding areas since 2012. The local goons empowered by the ruling political party tortured local villagers. The main culprits, local leader Sheikh Shahjahan and two of his acquaintances Uttam Sardar and Shibu Hazra used to snatch lands from local people to increase their own businesses, they also sold sarkari rations to make a profit. These atrocities were mostly done on lower-class people like farmers and Dalits, which further worsened their financial and social status. The local goons abused their power to simply bring local women, irrespective of their age or marital status, into the party office and rape these women for days. These goons had an entitled mindset like- 'the (communist) govt. offers monthly subsidy (500 /- -1000/-) to poor women, so it is ok if we torture them. They will keep their mouth shut just to take the money'. Due to lack of work, most men of these families were working in different states, this was also in favour of the goons. The men who used to protest were tortured and beaten. The women were also threatened that if they didn't comply, their family members would be killed. Apart from all these, there is also a religious aspect- most of the followers of the accused criminals are said to be Bangladeshi/Burmese illegal Muslim Rohingyas, which adds the aspect of ethnic cleansing in this mass rape incident. In villages like Sandeshkhali, where normal people live a simple life, such threats psychologically weaken them to submit to criminals. After tolerating such atrocities for years, the local women grouped up and started revolting which caught media attention and

ultimately the main accused were arrested in February 2024 (the case is still going on while the article is being written). Unfortunately, Sandeshkhali is just one place in India where such things were revealed, there are many other places where such atrocities are still going on. One thing to add here is that, after things were out in the media and the women were promised legal help, many women did not want to talk about the crime done against them and the real reason for this is their feeling of shame - an average village woman is not only afraid to speak out of such things due to political oppression but she is also ashamed due to their feminine nature. Many times, the opposition parties take advantage of this and say that as they are unable to show any proof that they were raped, there should not be any case. This is a reason why the Indian legal system says that if a woman files a rape case, the accused is to be arrested first, the accused need to prove innocence rather than the victim proving the crime. Today, many modern educated women and feminists misuse these laws to frame innocent men but actually, the law was created keeping in mind the feminine and naïve nature of the women like those in places like Sandeshkhali.

2. Rape by known persons (Non-family members)

a. Gang rape –

This type of rape by known people can be committed by classmates, teachers, colleagues/employers, and neighbours. The victim can be of any gender and age. In Delhi, in 2022, a 12-year-old boy was beaten and raped by 4 of his local friends and then a rod was inserted into his private parts.

In 2024, in Delhi, one regular woman customer lured a 12-year-old girl (a worker in a tea stall) from a tea stall into a secluded place, where the owner of that stall along with 3 under-18 guys gang-raped the child. In such cases, there is a leader who leads the whole misdeed by initiating and encouraging others to participate. Addictions, wrong upbringing and habits are root causes here as well.

In Maharashtra (2017), a 16-year-old boy was raped by his friend who also made a video of it. Using the video the rapist kept blackmailing him and for one year 14 more boys raped the victim.

An Odisha girl of 17 years went to Andhra Pradesh as a housemaid. On her birthday, two of her local friends said that they will give her a treat and then took her to a hotel and raped her (2023).

b. Revenge rape –

This type of rape is committed with the mindset of ‘an eye for an eye’. It may happen between two rival parties where one party harms the other party and in return, revenge is taken. Similar to war rape, this is also a planned crime. In Uttar Pradesh, one guy raped his rival’s daughter. Though the rapist was put into jail, the rival with his friend raped the jailed person’s sister (2022). This simply shows that in India, the victim or victim’s family might not find solace if the rapist is put into jail, rather they often try to take vengeance in their own way. The victim’s party might look for an opportunity to strike harder. Similar cases have happened in Jharkhand and many other places in recent times. In many villages, people have their own justice system. There have been cases where a man ran away with one person’s wife. As a

punishment, the person whose wife ran away was permitted to have sex with the sisters of the runaway man. Such verdicts are made by local leaders. In many places, one political party's member rape women of other party's families out of personal rivalry.

c. Coercive rape –

This type of rape is committed with the mindset of 'to fix you' and often comes from racism, sexism or some type of phobia. Many people hate LGBT people and extreme cases happen where LGBT people are raped. In Delhi, two LGBT men were raped by 5 guys (2023). I have also heard of a case where a neighbour raped a young child because she wore a short dress and cosmetics. The psychology behind coercive rape is developed due to unrealistic personal ideologies and intolerance. A person might hate seeing a girl wearing a revealing dress, but raping her is never justified.

Another blood-boiling case happened in 2013 in Kamduni (West Bengal). A 20-year-old college girl Shipra Ghosh (later given the name 'Aparajita') was abducted by 6 men. Those people gang-raped the girl and afterwards tore apart her legs up to the navel, slit her throat and dumped her body. Amidst huge protests, all 6 rapists were arrested. Among them, 4 were Muslim and 2 were Hindu. During interrogation, the criminals said that they committed the crime because the girl was not paying attention to them so they wanted to teach her a lesson. One thing to keep in mind is that all these men were in their 30s or 40s, and some were married. Initially, 3 of the criminals were given the death penalty while the other 3 were given life imprisonment. However, the criminals took advantage of their connection with the corrupted ruling party to reduce the severity of the punishment. The communist party which is infamous for Muslim appeasement supported the criminals

and in 2023, 2 out of 3 who got the death penalty, got their punishment reduced to life terms while the 3rd criminals were released. Of the other 3 who got life imprisonment, 2 of them were also released (the 3rd person died while in jail). The ruling party kept changing the judges for the case who showed reasons like lack of evidence and said that the 'brutality of the crime was not high enough'. In spite of a lot of protests, the victim's side failed to bring justice to 'Aparajita'. May God shower peace in her soul. In this case, also, only 1 person took the lead to commit the crime (Ansar Ali) while the others followed his lead. It is surprising to see that even at the age of 30 or 40, some men can't digest the idea of being rejected.

Another interesting thing is that, while the Nirbhaya case developed a nationwide protest, the Aparajita case did not get that much traction. The news mostly circulated inside West Bengal; a possible reason might be that the latter case took place in a village, not in a metro city like Kolkata, Delhi or Mumbai. As I discussed in the Sandeshkhali case, crimes in tier 3 or 4 cities or villages are not highlighted due to the corrupted administrative system and political pressure. In Sandeshkhali, there were no reported cases of murder but the number of crimes was higher, that's why it got more media support. On top of that, there is a political aspect to that as well- because after tolerating atrocities of the communist ruling party since 2011, people and media were dismayed and realised that this was high time to fight back. Unlike the Nirbhaya case, no personal interviews were taken with the culprits of the Aparajita case and possible reasons for this might be a lack of interest in reporters/researchers (or lack of honest reporters/researchers in West Bengal) and political support for the

criminals. Due to this, I could not find out if these rapists had any particular habits and addictions that made them commit the crime.

d. Transactional rape –

This type of rape happens when a victim reluctantly or non-reluctantly agrees to have sex because the rapist promises him/her something in return. This is quite common in prisons. The environment in Indian prisons is unhealthy and the prisoners are often deprived of basic needs. There might be lobbies or authorities who control the distribution of ration. The inmates who are stronger or more influential may get their hands on the majority of the rations while the weaker and younger ones stay deprived. In order to survive, these weaker inmates may agree to get raped by the powerful ones. In return for physical pleasure rapists give food, protection or other resources to victims. This happens in both male and female prisons. In male prisons, weaker inmates often cannot tolerate such abuse and commit suicide. In female prisons, a female inmate may get raped by male guards or even female inmates. The lobby system is present here as well and influential female inmates may force weaker female inmates to give oral fellatio in return for basic needs or protection. Sometimes, female inmates are sent to male prisons for the ‘pleasure’ of powerful male inmates. While such rapes happen inside the prisons, the female inmates get pregnant. News came out in 2024 that 196 of West Bengal’s female jail inmates became pregnant while being under custody.

TV series like ‘Prison Break’ or ‘Orange is the New Black’ or movies like ‘The Shawshank Redemption’ or ‘Papillon’ have vividly shown such

scenarios where transactional rapes happen in prison. The casting couch system in the media industry is another example of transactional rape where young people are asked to have sex with influential people in return for getting cast into movies.

e. Authoritarian rape –

In such a subtype, people in power take advantage of naïve people or powerless ones. As an example, in an interview with Indian nuns, it was revealed that there is a predatory culture inside churches. In the St. Francis Mission Home church in Kerala, Bishop Franco Mulakkal was accused of raping multiple nuns. Furthermore, in another church, a nun was abused by a female elderly nun. Rape of young boys is also pretty common in churches worldwide. Such people, who hold positions of power, often choose homosexuality to avoid impregnation in order to avoid public humiliation. Heterosexual rapists force the victims to pursue abortion if they get pregnant. Sometimes, they brainwash the young people by saying that serving him/her is equivalent to serving God. Christianity has this system of confessing to delete sins- which encourages the rapists to just commit a crime and wash it off using religion. Globally, almost 6% of all Bishops abuse children.

Apart from this, cases like teachers raping students or bosses raping junior employees fall into this subcategory. In school, rape can be done by classmates, teachers, clerks and even the principals while the victim can be of any gender and any age (Delhi – 2022, 2023, Bihar- 2023, Uttar Pradesh- 2024, Punjab- 2024, Madhya Pradesh – 2023 etc.). In the case of a boy-child victim, often the family members and/or society (like school, college or similar institute) do not take any legal help and

don't arrange any psychiatric help for the victim thinking 'a boy has no virginity and can't get pregnant so he should behave in a more masculine way and shrug it off. Such negligence may create a future criminal. Oftentimes a child does not report such incidents because rapists try to deny the incident and also kids are made to believe that it was their fault. Furthermore, they fear the uncertainty of how people will react if he/she reveals it. As an example, in one case a 3-year-old girl child was abused by a sweeper in a school bathroom for days; one day she wanted her mother to give less tiffin saying if she eats less she does not need to visit the bathroom- which gradually revealed the whole crime and the abuser was arrested (Delhi, 2023). In another incident in a school (Bihar, 2023) a female principal helped the director's son to rape a minor girl for 2 years. They brainwashed the girl saying that no one would believe her and her parents would not let her study – this shows that people in power often abuse that power; in India, we often respect people like teachers and some people take advantage of that.

A question may arise that a 5-year-old girl is not even physically developed enough to attract someone sexually, then how someone can abuse such small kids? The reason for such incidents is more about showing power instead of fulfilling lust. Some people fulfil fetish by snatching the innocence of small children.

3. Rape by family members

a. Coercive rape –

This type of crime is committed with the mindset of 'to fix you'. You might have heard of the term 'honour killing' but do you know that 'honour raping' and 'honour gang raping' also happen in the world!! In Afghanistan, Mujahideen soldiers often rape local girls but get away with it due to corrupted leader. However, in one incident, two such

male soldiers were gang raped by 12 local farmers and shepherds because they raped 2 local women (2008). In India, there were cases where a girl eloped with a boy of lower caste (or not of the family choice). The girl was found out and she was gang raped by her own family members (Uttar Pradesh- 2017).

b. Subconscious/Addiction rape –

There are many such incidents where multiple family members abused girl family members. There are many cases where daughters-in-law are raped by fathers-in-law; sisters-in-law by brothers-in-law (Uttar Pradesh – 2023, Haryana – 2023, Uttarakhand- 2023, Chandigarh- 2023 etc.). In such cases, it is found out that for young-adult rapists, porn addiction and intoxication are major trigger elements to commit such crimes. As discussed earlier, after being habituated or intoxicated with alcohol or drugs, we develop our subconscious mind that seeks similar trigger points in the real world. Once we find those trigger points, we make a first-level decision which our conscious/logical brain is too weak to protest. While these crimes can happen in any family irrespective of economic or social status, most of the time it's the village men from the lower economic class. The family members use shame and fear of the victim to their own advantage to get away with the crime and redo the crime. If it happens at a young age, most victims lose trust as an obvious outcome and eventually become possessed with depression and anxiety. They may also lose interest from the people who have the same gender as the rapists and become homosexual. Sometimes, abused women deviate from a healthy

lifestyle and choose a path of self-destruction. Nonetheless, such traumatic experiences often rupture childhood.

Impact of modern trends on rape

When it comes to finding solutions, it is not really about making laws. After the Nirbhaya case in 2012, many strict laws were imposed in India. Child porn was banned in 2012 as well. But shockingly, the reported number of rape cases has increased a lot precisely since 2012. The reported number of child sexual abuse cases increased a lot since 2014. This might be due to a few reasons-

- Maybe more victims started to report cases. This in turn says that the cases of rape have not reduced, only reporting has increased.
- It is possible that a few dishonest people reported false cases to exploit innocent people and misused the laws. It is seen that when parents don't approve of their daughter's relationship with a guy, they file such cases to frame the guy.
- In spite of child porn ban, child sexual abuse reporting has also increased- which means either the perpetrators are still developing relevant habits from elsewhere (unhealthy environment, influence from friends, social media etc.) or they are getting their hands on child porn contents through non-mainstream porn-media (like dark web or unpopular porn websites) that are not inside authority's radar.

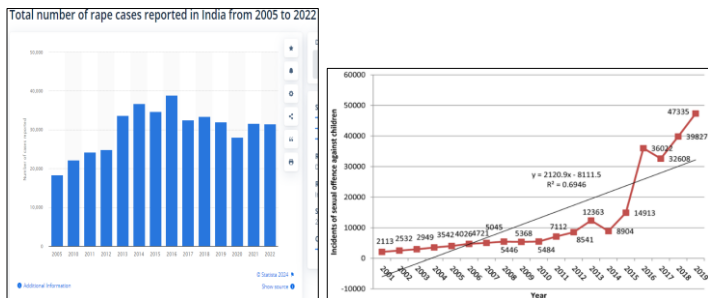


Image: Number of rape cases reported has increased after ban of child pornography; source: Statista, NCRB

It is clear that imposing laws and rules won't solve these issues. Humans have always shown interest in forbidden fruits, so we need different types of solutions. The increase of social media is a big reason behind developing unhealthy habits. I studied a case where under-18 boys and girls used to chat about unhealthy sexual behaviour (rating young girls they knew, discussing how they will abuse them, gang rape etc.). All these boys and girls belonged to Delhi's upper or middle-class families. One day, the screenshots of this chatroom were shared on social media which attracted the attention of many people. A girl who leaked the screenshots also shared her experience of how one of the boys invited her and abused her. The administrative systems took steps to find the accused and arrested him based on the experience shared by one girl on social media. Though the boy was released, he had to face backlash from the society. The boy denied the accusations but failed to make people believe in his innocence. Eventually, due to depression, he committed suicide. The case took a new turn when further investigation revealed that the screenshots were faked by the same girl who leaked them. On top of that, this same girl named

Bhavleen Kaur is the one who joined the group using a fake name (she used a boy's name) and initiated the vulgar talks about gang-raping herself. It was her way to gain attention. When the suicide case came out, she just said that it was not her fault that the boy couldn't take the pressure. The girl did not get any punishment. Cases like this are the reasons real rape cases go unnoticed and real victims don't get justice. This particular case shows a few things- society is more compassionate to young girls when she is from a metro city and social media is a tool to develop unhealthy habits like developing habits to chat about rape or seeing attention in desperate ways.

Movements like #Metoo encouraged many real victims to raise their voices, but a lot of people forged cases to gain attention and frame innocent people. In this scenario how to know who is telling the truth and who is not!! Most of the time when someone makes a social media post posing as a victim, society supports him/her because we have this psychology of supporting the weaker side. Oftentimes people or even mainstream media do not verify the reality of the posts. The IPC laws related to rape were made thinking Indian women are modest but any person who fakes rape is far from being modest.

Oftentimes, rapists use traps to lure the victims on social media. As y'all know girls are seduced by words while boys are seduced by looks. This is the reason boys lie and girls wear makeup. There have been many cases where men met women on social media and one day he raped the girl (Maharashtra – 2022, 2024, Uttar Pradesh- 2023, Delhi- 2024). The opposite of this is honey-trapping where a girl scams a guy and loots money. These types of cases have a similar plot- the guy starts

talking with the girl about normal things and tries to find vulnerabilities like issues in the family, issues with husband, financial issues etc. Some guys try to have consensual sex by giving false promises of marriage. Also, sometimes, such online people bring the girl to some place, drug her (with date-rape drugs which cause unconsciousness and loss of memory) and rape her. There have been cases where perpetrators found girls on social media and trafficked them as sex slaves by luring them with a dream of luxury life in foreign countries. I studied a case where a criminal tracked the location of a girl from social media images, and then abducted and abused her. An American movie named 'Megan is Missing (2011)' is created based on a similar storyline; though the movie is fictional, such incidents may happen. Trafficked human rescuer Pallabi Ghosh says that boredom is a major reason why human trafficking happens. When we are bored, we often pick up our phones and open social media. On top of that, as humans, we all crave attention one way or another- if we can't get attention from our near ones, we seek it from outsiders. In today's world where both parents are busy doing corporate shifts, and there are no grandparents in the house either, the kids fall victim to social media addiction more and more. The traffickers search for such vulnerable people who may be a child or even a housewife. By giving attention, they convince these people to meet and ultimately they get trafficked. Most of the trafficked women (also men) are either sold as sex slaves or forced into prostitution. Sometimes, the traffickers also lure them with money. Underage girls (around puberty) are the most targeted ones because this age group is the easiest to influence. As per Pallabi's investigation, in the initial phase, these trafficked people feel

traumatised but as they spend more and more time in such an unhealthy environment, many of them get habituated- as if their soul dies. In India, there are many red light zones and apart from those, there are many poor families who choose to do prostitution for money. Pallabi says that money is the major reason if not the only reason why any woman chooses this path. Though prostitution is illegal in India, there are some influential people who control the whole system. Also, the traffickers maintain a high level of anonymity throughout the process of picking up, transporting and delivering the victim to the destination. These traffickers are also from either poor families or they have had some type of trauma that makes them feel no remorse. Pallabi offers rehabilitation and work to the rescued people.

Another thing about social media, porn, addiction and rape that I have realised is this- in old times when there was no social media, people were less likely to discuss dark fantasies like raping someone or harming children. Because whenever you talk about these things face-to-face, a sane person will shame you (at least publicly); and it is justified because if you see a child and the first thing that comes to your mind is “I will have sex with this kid”, then there is obviously something wrong with you. Most people are afraid of being judged. Thus, before social media, it was hard to spread such a mindset. But, now that we have free internet, free social media and encrypted chatting platforms, a person with a rape fantasy can easily connect with some random stranger with a similar dark fantasy. They can talk about such immoral things, they can share unethical porn content with each other. As a result, these immoral thoughts become normalised between them- think it like this, you are talking freely about how you will harm

a kid with your friend and your friend is agreeing with you and giving you new ideas. In such cases, the criminal thoughts get validated and people get away from the ethical mindset. This might become a habit and eventually turn into addiction. And it is not like such things happen in some secret apps, rather these happen on normal social media like Facebook, Instagram, Discord groups, Whatsapp groups etc. There are also many anonymous chatting apps where random strangers are ready to share pictures of nude children or rape porn. I once came across such a chat app and you will be surprised to know how many people are ready to talk about incest, child sex, rape and other dark things. There people sell such content for money. Many apps will have systems to report abusive things but it's a matter of doubt how effective such systems are. Furthermore, it is not like blocking such people will restrict them from creating a new account or finding another platform. Also, these people are not only men, but also women and they can belong to any age group.

It is obvious that rape is a serious issue and the victims of rape face serious trauma. Sadly, many people don't understand this. Many girls proudly say that they fantasise about getting raped by their favourite celebrities. In most cases these girls are teenagers. To them, hardcore sex is similar to getting raped. If guys have personality issues of weak masculinity, such girls are also an example of weak femininity. Such people lack self-respect because, in their lives, they are not compassionately taught about self-respect. And they don't understand that rape is about domination and humiliation rather than just the fulfilment of lust. It is important to create awareness about this aspect so that women don't underestimate rape.

Those who rape are rapists. Those who fake rape, they passively reduce the chance of getting justice for the ones who are actually raped- such fake people are also rapists. Both are punishable.

The bizarre new world of revenge rape – Deepfake Porn

In today's age, there is a new type of revenge rape- Deepfake Porn. Artificial Intelligence (AI) has made it easier than ever to create pictures based on one's imagination. While mainstream AI tools like Midjourney, Dall-E or Leonardo.AI have a strong policy against creating pornographic material, many lesser-known AI tools don't have such restrictions. Furthermore, people can also learn technologies like Machine Learning (Variational Autoencoders & Generative Adversarial Networks), Neural Networking and Facial Tracking to create their own deepfake AI tool. Some non-harmful use cases of deepfakes are- creating advertisements where a celebrity's face is swapped and superimposed on a promotional video (like influencer marketing videos). However, as you can guess, this technology is being used to create pornography as well. If someone wants to humiliate a girl, that girl's image can be taken from social media, her face can be superimposed inside some porn video and shared on the internet. In such cases, the criminal can keep their own identity hidden as well. The victim will also not know that such things are being done to her unless she stumbles upon it or someone informs her. The worst part is that it is hard for the victim to remove these videos from the internet. Suppose, a criminal uploads a deepfake image or video on a porn website or social media, then it is possible that someone else takes that

content and uploads it onto some other website- this is how the content can be spread inside the abyss of the internet. While big porn websites may have a policy to let the victim take down the content, the victim can never be sure if some other site is not hosting the content. Sometimes, porn websites also ask for money to take down content.

As you can understand, this type of sexual violence is done to humiliate the victim and show dominance. There were some cases in Europe where budding female politicians and human rights activists became victims of deepfake porn because the opponents wanted to malign their social image. Fake nudes of celebrities are not a new thing, but before AI, at least one could easily detect that content is fake (manual morphing with normal image-editing tools is usually detectable to the naked eye). With high-end machine learning models and graphical processing systems, it is becoming harder and harder to distinguish between real and fake content. The criminals often take the real images of the victims from social media and train their AI models.

A few months ago, a deepfake video of Indian actress Rashmika Mandana flooded the internet. The actress declared that it was fake and also said that she was disheartened to see such things happening. In the case of a celebrity, cyber police take fast actions but this might not be the case for a normal person. Celebrities can influence people and make people believe in what they say, but this is not the case for a normal person. Suppose, you become a victim of deepfake porn and your fake nudes are shared with the people you know; in this case, can you make sure that everyone realises that it is a fake? Even if they realise, won't it harm your own self-confidence? Furthermore, this can

also damage your personal relationships as well. Psychology says that in a short period, you can handle criticism and humiliation caused by 300 people at max but if tens of thousands of people humiliate you by commenting on your deepfakes, then you are likely to get suicidal thoughts. Study shows that 50% of women deepfake victims get suicidal thoughts.



Image: Rashmika Mandana's tweet about her deepfake, Source: Google

AI is relatively a new technology in the market and the laws regarding its usage are yet to be made. Even if laws are made, there is no surety that laws won't be breached. In spite of restrictions on porn content, you might find deepfakes on mainstream social media and the reason is simple- public interest. People like porn and social media platforms like to have more people using their apps- it is just business. So, oftentimes, rules are breached and neglected. Deepfake contents can

be identified through unnatural eye movements inside the contents, awkward body physique, unusual lighting or audio, and disproportionate body parts. But, honestly, detection is becoming harder and harder; plus, porn consumers are unlikely to analyse all these- they are there to get entertained. Deepfake porn is already a big issue in Western countries and organisations in Europe and America are scratching their heads to find ways to counter this issue. In the near future, there might be tools that can help in the detection of deepfakes but what's the use of detection if the threat cannot be mitigated!! Plus, these tools might be paid ones too due to business purposes. The deepfake porn issue is not yet too serious in India (or I might be ignorant about it), still, I wanted to mention the grave possibilities that may happen in the near future in countries like India. The only possible solution is self-prevention and not letting others access your pictures- which means limiting posting images on social media or not posting images of videos on social media at all. You should also not store your personal images on cloud storage because those can get hacked as well. Deepfake porn is quite a new thing because AI is relatively new to the market. Deepfakes will make you realise that sometimes you can't even believe your own eyes. Such non-consensual porn is psychologically harmful because the victim has no idea about it, which makes it a case of identity theft as well.

The psychological effects of deepfakes on the victims are understandable but the effect on deepfake consumers is equally bad. A lot of times, deepfake viewers say that it is fake so there is no harm to the victim- but this is not true. Such a mentality simply shows a lack of compassion. As per psychology, such a mindset develops because in

their life, the consumers also face traumatic situations where they don't get compassion and help, and they are told to accept what is happening to them. Maybe they get bullied at school, or they see family disputes or maybe they face abuse themselves. So, when they come across people who are harmed, they also tell the victims to accept what is happening to them- like a toxic chain reaction where everyone just wants to pull down each other. Lack of empathy and compassion is a major reason why deepfake porn consumption is increasing and hardly anyone is talking against it. A few decades ago, digital pornography posed a similar threat and now you can see the effects. Deepfake porn is a similar ticking time bomb which poses a greater threat to humanity.

The seemingly glittery world of Porn Industry

This book is not about porn, it is about rape. But as you have understood, in today's world, porn is a major cause behind rape. That's why I wanted to analyse a few things about the porn industry so that the consumers of porn get some inspiration to not get addicted to porn. For this analysis, I have studied interviews with pornstars and erotica actors who are either working in the industry or have left the industry. Some of these pornstars are from India while others are from foreign countries. Basically, I wanted to know why someone decides to do porn, what happens inside the industry and why someone decides to leave.

As you know, producing porn is illegal in India, so Indians just shoot porn outside in different neighbouring countries where porn is not illegal. While some of these contents are soft porn, there are also

typical porn contents. Most of these contents are distributed through streaming platforms and apps, where consumers can pay and watch. The servers of these websites and apps are located in countries where porn is not illegal. Plus, the production houses that make such movies, conceal their true nature of operations for legal reasons. As an imaginary example, suppose a production house takes the name "Roma Media House " and gets registered in some foreign country-when someone hears the name, there is no reason to think it produces porn. On top of that, if these companies abide by the corporate laws and pay tax, then they can stay out of the radar too. These companies would have agents who scout for people who are interested in doing porn. Through these agents, the potential candidates are introduced to the media house and after a long procedure of screening and grooming, a porn movie will be shot. Just like any movie or TV series, there are stage setups, payments, contracts, crew members, yadda yadda. After shooting and editing, content is released for the public view. This is the basic operational process of the industry.

Now, let's look into why the pornstars want to choose this profession. Based on an interview with Indian pornstar Shakespeare Tripathi, he wanted to become an actor in Bollywood. That's why he came to Mumbai. But after many years of trying, he failed to get a break and he could not find any stable job. During the Covid lockdown, it became harder for him to sustain. Tripathi already got a few offers for erotica before, but he wanted to avoid entering that path. However, during lockdown, he was too anxious and uncertain about his career, so he decided to enter the industry out of desperation. He started with soft porn and erotica and then started making hardcore porn content. His

financial condition got better gradually. After some time, he wanted to leave porn and retry his luck in Bollywood but he got rejected due to his 'pornstar' tag - due to his particular public image, he could not be cast in mainstream family movies or series anymore. So, he had to stick to the porn industry. As time passed by, he got some fame as people started to recognise him on the streets- which again proves that people are ready to spend money to watch porn. Tripathi talked about the dark sides of being a pornstar, like being physically exhausted, being boycotted by dear ones and getting death threats. Both his parents were reputed professors and his father initially could not accept his profession. His father also receives threats from different sources. Tripathi said that he cannot go out easily and spend time with his family. Furthermore, he said that he can never be in a marital relationship because he believes that women often try to control men and this will affect his career. He also says that he won't be having any children because, in future, his children might face bullying from society due to Tripathi's career.

Tripathi also mentioned that in India, new people enter the industry regularly and all of them enter due to financial reasons. Sometimes, even couples enter the industry because they need money to feed their newborn child. Sometimes, people who are not poor, enter to fulfil their fetishes by taking part in group sex or partner-swapping etc. Tripathi expressed his concern because he often tells young boys and girls to not enter the industry. All pornstars showcase their luxury lifestyle on social media to get publicity but normal people are unaware of the dark sides behind them. Even if the dark sides are revealed, those who have already decided to destroy their lives, who can stop them!!

On the other hand, another pornstar Niks Indian told his story, which is different. Niks was interested in entering the porn industry from his teenage years. After he passed his MBA from IIM Mumbai, he worked in different companies but he always wanted to become a pornstar. He says that the reason is his desire to be with beautiful women. He communicated with foreign pornstars and got different suggestions, with which he started his own porn production house in Europe. Niks recruited models and co-pornstars through agencies and these girls are non-Indians. Based on his interview, I can say that, when the girls are amateur and less professional, they develop more emotional bonds with the co-pornstar through interaction – it was also the case for Tripathi. This is normal because sexual energy is a type of spiritual energy; any normal person will develop bonding during sex no matter how much they become brainwashed. In Europe, porn is not a taboo thing like in India or other conservative countries (it is not really taboo, it is just pseudo-taboo I believe). In liberal countries, sometimes people try their hands on porn just out of curiosity rather than money. Niks says that his co-pornstars enter the industry because they are obsessed with sex, unlike normal people with normal libido. He also says that in today's time, it has become easier to earn money with porn with platforms like Onlyfans, where a girl can just show their bra, or feet or just talk dirty with a client on the other side of the screen without doing actual sex and still get a whole lot of money. In professional porn movies, things are harder because the production houses have more control over what the pornstars have to do- this is why many pornstars are leaving the porn industry and joining Onlyfans and other individual streaming platforms. This proves one

point that most times a pornstar, especially a female pornstar will not want to do porn and leave the industry if given a chance.

Lebanese-American ex-pornstar Sarah Joe Chamoun, popularly known as 'Mia Khalifa', talked about her painful experience in the porn industry. She used to get bullied during her teenage years, which caused her lack of confidence. She says that this resulted in her making bad decisions, especially regarding relationships. She got married at 20 and one day when she received an offer to join the porn industry through an agent, her husband encouraged it. Sarah's self-esteem was so low that she always depended upon someone else to make decisions for her, so she ultimately joined the industry. She says that it was another major mistake of her life because the production house named 'Bang Bros' asked her to sign a contract where it said she would have to work till 'perpetuity', which means forever and ever. A 20-year-old Sarah was too naïve to understand all these and agreed to join. Though she got fame and money, her mental state started to stoop lower and lower. She was exploited because that's what corporations do. Amidst all these, her spouse left her, which caused more mental trauma to Sarah. Her family members boycotted her, she got death threats. Being overwhelmed, Sarah decided to leave the industry and started to speak about the exploitations done by the corporations. She expressed her concern that the porn industry preys on the vulnerabilities of people. They find pretty and young girls with low self-esteem and then show them a dream to 'have-it-all'. A lot of things are kept hidden and a narrative is taught, as a result, some pornstars claim to love their state of life. Sarah still gets threats from the porn agencies because she tried to expose it.

I told you about how a few years ago Raj Kundra and Gehana Vasisth got into trouble for shooting porn in India. These days, Gehana is producing or directing soft-porn and I checked out her YouTube channel, where she interviews these soft-porn models. Some of the interesting points I have found from such interviews of female soft-porn models are that, sometimes they enter the industry due to financial issues but sometimes, they enter without knowing the full scene. As an example, a girl, who is interested in posing as a fine-arts model, might receive an offer to pose as a nude model one day. If she agrees to do that, she will be asked to do an erotica next time, and eventually, she can be asked to be in porn movies. In some cases, the models are told beforehand that they will be doing bold scenes but sometimes, it is not told. They are paid and forced to do the scenes without taking care of their comfort zone. These pornstars emphasize how soft porn is different from usual porn movies – and in my opinion, they say so in order to get social acceptance. In our society, prostitutes and pornstars are considered similar. In soft porn, there is no penetration but if someone behaves in a particular way, it is only normal that society will treat that person accordingly. Thus, a narrative of ‘soft porn is harmless’ is taught by the agencies or directors because otherwise how will they convince people to join the industry!! These pornstars always talk about how their relationships got ruined after they entered the industry and that they can never be in any stable relationship anymore- but as you can understand, the industry does not care about their personal issues, the industry is only interested in how much money these pornstars can make for them.

There are a few reasons why such interviews are shown publicly. Firstly, these interviews are for promotions where the audience sees the models and develops an interest to go and pay for the porn content. Secondly, these interviews are social proof that these models are doing it out of their own choice. If in future the models want to sue the companies, these videos can be used as proof to nullify the accusation. Last but not least, these videos encourage those vulnerable young people, who are already on the verge of destruction, to see a dream of 'have-it-all' and join the industry and get destroyed more. Those people, who get excited to see the glittery world of porn and erotica, should know that it is not an easy job. There are many fraud production houses that will hide things, they might say that it will just be a bold photo shoot and then they will convince you to shoot porn on the set. Those who join the porn industry, they usually have a weak decision-making ability, so they can't think straight and often get exploited. And after that, comes depression and anxiety, for which, they often start consuming drugs and alcohol. The addiction gets so severe at times, that the pornstars spend all their income on that. In hardcore porn, the male has to take drugs to stay stiff for hours and the female has to tolerate that- which physically harms both parties. For the sake of public demands, often the female pornstars have to tolerate humiliation like being spat on, being pissed on or even getting hit by their co-pornstars- these further increase their mental trauma. Most of these people work in the industry for a short period of 3 months to only a couple of years. Either they have to have some entertainment factor or something special otherwise the audience loses interest and seeks new faces and bodies. Most of the pornstars, especially the female

ones, enter the industry due to certain trauma- sometimes it's poverty, sometimes abusive parenting, sometimes it is traumatic relationships. I personally believe that all pornstars used to be simple, humble human beings at one point in time and then their psyche changed after being traumatised for years after years- and then they lost faith in humanity and started to choose a path of self-destruction like a lost soul. But it is also true that, even if they choose this path, they know that it is not right and if given the right chance, they will want to leave the industry. Sometimes, they stay in the industry because they find peace among like-minded people who share similar past-life traumas. But other times, the industry exploits them so much that it becomes intolerable, so they either leave the industry or choose to kill themselves. By 2023, more than 100 female pornstars from American porn production houses have died due to drug overdose or suicide or physical damage. These are models from big companies while the statistics from small or lesser-known porn production companies remain unknown. Though I believe that the porn industry has a direct relationship with human trafficking, I have not done enough research to put forward any solid evidence in this book. As human trafficking is a major crime, it is possible that the porn industry does not give trafficked people much opportunity to express their views publicly.

The bottom line is people, especially females, don't like to enter the porn industry. Sometimes, due to some taught narratives or lack of understanding, they may fake their true emotions and act like they enjoy their lifestyle; but in reality, they are so traumatised that they have become spiritually drained and can't think straight. Consider it like their conscious mind stops working and they keep making

decisions based on formed habits. There are many interviews and testimonials from ex-pornstars who just crave a stable meaningful relationship and they crave just a boring desk job – they just want to go back to their old life, which often becomes impossible. Like any human, a pornstar seeks social acceptance but it is hard. Pornstars and sex workers, including soft pornstars, are boycotted by society; it is possible that they have a fan base and sometimes, their fans will ask them for dinner but that is just for a hook-up later as a one-night-stand instead of a long-term relationship. And this is similar for both men and women. People see pornstars as a bad influence. However, I believe that the main culprits are the production houses that often encourage and brainwash vulnerable people. If we can somehow offer counselling to these traumatised people before they choose this path of self-destruction, they might rethink their decision and it might disrupt the porn industry.

What to do when rape happens

After a rape happens, everyone becomes very serious. The news channels start debating on what could have been done, how to punish the rapist; the politicians visit and console the victims, and social media gets flooded with posts. But unfortunately, nothing changes the situation, rapes keep happening because no one gives implementable solutions. In my opinion, the 2 main reasons why rape should be prevented are because that will save the victim from trauma and save the rapist from becoming a rapist. In previous chapters I talked about a few types of rape; in my opinion, the tactics to prevent each of these

types should be different because the motives are different. Also, these guidelines are applicable to anyone irrespective of gender.

How to be safe from War/Political Rape:

As mentioned earlier, this type of rape happens because the higher authorities want to fulfil goals such as to capture lands or oppress the opponents. Normal people don't have any influence- this is why it is impossible to prevent this type of rape. You can only focus on saving yourself. In a situation where war is knocking on the door or there is political violence happening in an area, women/families need to protect themselves as much as they can instead of depending on authority- because during the war all hell breaks loose and no one has time to save anyone. On top of that, the attacking party neither acknowledges that they committed war-crimes like rape, nor they will put an effort to find out who raped whom and when. So, you need to take your own responsibility. This can be done by staying low (hidden) or leaving the area before violence starts. All family members need to be vigilant to not let strangers inside the home during conflicts, and for that, necessary barricades can be installed (e.g. good lock system or sturdy doors). This will also protect the members from gunshots or grenade attacks. Rich people don't build underground bunkers for nothing!! In order to survive, people will need food and water; and to collect this the mature male members can take responsibility. Measures like going out during daylight, taking disguises, not trusting strangers, and keeping vigil - are some good ways to survive in such scenarios. Do remember that an average person is not trained in combat like soldiers or goons, so always try to avoid being in a

vulnerable scenario unless extremely necessary. It might be necessary to keep weapons handy during such times, like knives, hammers, cricket bats or similar things (because guns are costly and noisy). However, you have to cross the bridge when it comes. If you face any threat - you must hit back; and if you must hit, hit first (hit before anyone hits you) and hit hard- this will give you the most chance of success. Don't focus on killing, rather focus on surviving- killing might be a by-product of your survival model. However, the best thing to do in such a scenario is to simply leave the area, especially if your media is alerting you about possible severe impact in your area before the attack starts. As an example, during the ongoing Russia-Ukraine war, many Russian soldiers used rape to sow terror among Ukrainians (started in Feb 2022- still ongoing on March 2024). To save themselves, 60 lakh Ukrainians took refuge in other European countries. In Sandeshkhali, young women are also sent away to avoid being victims of political goons.

A war happens between two parties. You, as an individual, might be against rape but in a situation where either you will be raped or someone in your opponent's party will be raped- what will you choose? You can condemn or oppose your own army raping other party's citizens, but what if your opponent nation supports their army to rape your own people? What will you do in such a situation?

Veer Savarkar's ideology supports the concept of war-rape only as a means to save their own Dharma in times of distress. Savarkar criticised how Shivaji Maharaj or Chimaji Appa respectfully released female family members of defeated Muslim rulers (like Mahmud of Ghazni,

Muhammad Ghori or Allauddin Khalji), even though earlier the same Muslim rulers and even many Muslim women took part in torturing and raping Hindu women. Savarkar said that if the same torture had been done to those captured Muslim women, maybe afterwards the Muslim rulers thought twice before continuing their atrocities. Bharatiya culture never saw rape as a solution to any problem – this is nothing but true Dharma (conscientious dutifulness). Unfortunately, greatness is often mistaken as weakness. One should also keep in mind that higher intellect and morality may develop spirituality but there will be many barriers and sacrifices in this journey.

Our Indian army often plays a defensive role in war which means we focus on saving our existing land rather than invading the lands of other countries. This strategy reduces the chance of our army men raping women of other countries because it is unlikely that normal female citizens will cross borders and come inside Indian land during the war. Thus, I can say that, if we ever calculate the true number of rapes committed by soldiers of different countries, India's rank will be much below countries like China, America or North Korea.

How to be safe from Gang Rape or Serial Gang Rape:

As discussed earlier, in a gang rape, there is one leader and the rest follow that leader. Plus, in such cases, the rapists lure or abduct the victim. So, first of all, you need to stay vigilant about your surroundings. If someone or a bunch of people invite you to some place, you need to be cautious. These days, it does not matter anymore if the inviting people include girls because girls can help guys to rape as well. It is always good to let your family know where you are going

and the estimated duration you will stay there. In this way, your family or dear ones will have an idea of when to expect you back. If there is an unexpected delay, they may take some action like calling you or in extreme cases, calling the nearest police station and giving them your location. As far as I have seen, girls have a good amount of sixth sense and intuition (which they don't use when needed). Whenever a gang of boys cross a girl on a vacant road during dark hours, the girl stands under well-lit places or simply walks faster to cross the group.

The act of gang-rape might be initiated by one person who passes some abusive comments towards the victim. In such a situation, it is natural for the victim to get angry and respond- but I will not recommend doing this. As you have understood by now, most rapists want to show aggression with their act. So, if you talk back and start an argument, they might take this as a provocation and it might hit their ego. Thus the situation may escalate fast. Your main objective will be to save yourself and for this, you need to move away from the situation as fast as possible. Even if you have a male companion with you, don't get into any fight or argument with the gang because there is no surety that you and your companion will be able to outperform the gang. In India, we have grown up watching Bollywood movies where one person kills 20 villains, but life is not a cinema. No matter how much taekwondo you know, it is unrealistic to beat 4-5 people if they attack you together. So, simply try to de-escalate the situation by avoiding the scene. In one case, a lady was travelling in a bus in Bihar, where there were 5 male passengers. When the male passengers started to pass obscene comments at her and started to touch her and grope her. The lady asked the conductor for help but did not receive any help. Fearing the

worst, the lady jumped off from the running bus (Bihar, 2023). In another incident, a gang of 40 men were chasing a teenage girl after they tore her clothes partially. The girl ran into a man who saved her by giving her a lift in his car and later handed her over to the police (Assam, 2013).

In case you are in a secluded place or you have been abducted by a gang that intends to commit gang rape, you need to do your best to fight back. Rapists often say that if the victim complies, then rapists won't harm much- but it's a myth. No victim can comply and remain calm during rape, so the rapist is likely to hit or murder the victim anyway so that the crime can be done with less amount of restraint. So, the victim must fight back and run away as early as possible. Try to identify the group leader and attack that person. Situational intelligence is your best friend in such scenarios - a piece of brick, a sharp stick or a broken glass on the ground can save your self-respect and life. Remember to hit first and hit hard.

The bad thing is, that these criminals are sometimes protected by the administration; the good thing is these criminals are not protected by the law. No matter how much we are told that "don't take law into our own hands", everyone knows that it is hard to get justice. Due to loopholes, oftentimes rapists don't get the punishment they deserve. In reality, sometimes even the legal system has its hands bound and can't provide justice to the victim. This is why the victims must fight back. No need to worry if you commit a few murders in the process because IPC 96-106 mentions that in case of extreme danger, you can kill someone to protect yourself. In case of rare cases like serial gang-

rapes, the best justice is to punish a few of the main criminals. Let me tell you about a few unbelievable cases where victims of serial-gang rapes took revenge in their own way.

Akku Yadav was a gangster in Maharashtra who committed his first gang rape in 1991. He used to live in a slum in Nagpur, where he used to commit a variety of crimes. He would demand money or other costly things from local people, if he did not receive it, he would torture and beat up the family members and gang rape the women in the family. The local police were also corrupt and bribed by this gang. Whenever someone reported Yadav's crime to the police, the police would report it to Yadav. Then Yadav would rape, torture or kill that person. As per the slum dwellers, Yadav raped at least 40 women and the youngest victim was only 12. One day, a local woman, Usha Narayne, reported Yadav's atrocities to the police, but as usual, Yadav came back to rape and kill her. Usha somehow protected herself by locking the door and threatening Yadav's gang by turning on her gas oven and saying that she would light up the whole building if anyone entered (she used situational intelligence). After Yadav's gang went away, Usha told her experience to other neighbours and everyone decided that this was the high time to fight back. The slum-dwellers ran after Yadav and attacked his house. Terrified, Yadav asked the police to keep him in the lock-up, so the police arrested him to protect him from the mob. As per the plan, police took him to court as a mock trial, where a crowd of 500 slum-dwellers gathered in the court. Yadav mocked when he saw people he raped and families he tortured, he also told that he will resume his activities soon. This acted like a catalyst and the crowd started to beat Yadav inside the courtroom. The police, though present

at the site, were too scared to stop the raging mob. The mob containing at least 200 women started to stab Yadav one by one. Later they said that all his victims decided to stab Yadav once to take revenge. Chilli powder was thrown at Yadav and the police executives and Yadav's penis was chopped off. Yadav asked for forgiveness but his words got lost amidst the chaos. After being stabbed at least 70 times, Yadav died (2004). The crowd started to celebrate their victorious revenge. When police came to arrest the killers, hundreds from the crowd claimed to have stabbed Yadav. In spite of huge protests, 5 women including Usha were arrested. However, during trials, all slum-dwellers gave false statements. Thus, due to lack of evidence, all 5 women were released (an example of how loopholes can be used in favour of the accused, in this case, it was for a good reason). This whole victory gave these people the strength to fight back against future crimes. After Yadav, a few of his gang members started to torture the people but two of the local boys killed them to promptly put a complete end.

If you look into what happened in Sandeshkhali (2024), you will see a similar pattern. Gang of Sheikh Shahjahan used to commit crimes for years until one day the whole village took up sticks and stones against the situation. They chased one of the goons, who had to jump into the river to save himself. Later police arrested the main criminals including Shahjahan. Unfortunately, the villagers did not go as far as killing the goons in this case and one reason for this might be the low self-confidence of the people of West Bengal. As a Bengali myself, I can say that Bharat got independence in 1947 but due to communism, many of my people hardly know what freedom actually is, our sense of self-respect is diminished because our so-called leaders have never

encouraged us to know our past glory and achievements. Fortunately, the situation is changing slowly as we speak. Anyway, unlike Yadav, Shahjahan is suspected to have a political connection. He is also suspected of committing crimes like human trafficking, black marketing and more. As I write this article (March 2024), the CBI has taken custody of this criminal and he is being strictly interrogated. From analysing both these cases, you can see that situations like serial rape, authoritarian rape or gang rape can be countered by collective protest and countering the main leaders of the crimes.

When an elephant-cub is caught, in his childhood one would bind his feet with a rope. The elephant cub won't be strong enough to tear the rope. Gradually, he starts to accept his fate and comply. The slogan "Don't take up law in your own hand" is like that thread that is told to us from childhood and we are conditioned to comply. But the day we tear down that rope, we will be able to know our true strength.

How to prevent Revenge rape:

In this case, you need to first understand why people take revenge even if the rapist got punished after committing a crime. Like, I talked about a case where a rapist was put into jail but still, the victim's family members raped the rapist's family member without worrying about getting arrested. Such things happen because of a few reasons- firstly, in our Indian value system, we love and respect women in our family. Secondly, our legal system has too many loopholes when it comes to punishing rapists. Oftentimes, authorities are not enthusiastic enough

to follow protocols correctly, and sometimes investigating officers do not collect proper evidence. So, rapists often get away while victims' lives remain scarred. This is why the victim's family or dear ones plan to give the other party a taste of their own medicine. We simply don't consider a few years of jail as a punishment for taking away the respect of our dear ones. The only way to prevent revenge rape is to prevent the first rape that happens. If there are quarrels between two parties, it is the personal duty of each party to keep their own women safe. For this, they can take any measures like guarding the girls if they go outside or recruiting a spy on the rival party. Keeping the women in far-away places is another suggestion.

In case, someone the one party commits rape on the other party's people, the rapist party must keep their ego beside them and ask for forgiveness. Rivalries between families mostly happen due to land disputes, business rivalries, and political reasons- all these are non-personal. Rape is an act of weakness, so the rapist party has already lost the war by doing such personal attacks. Alongside, the rapist's family should surrender the particular rapist(s) to the hands of the victim's family. It will be up to the victim's family whether they will forgive the rapist or castrate him. Other than this, there is no way the victim's party will stop thinking about taking revenge. However, this strategy might not be foolproof. If both parties have tried all possible ways in the past to fix things using strategies like Saam-Daan-Bhed-Danda but nothing worked, then it is very possible that the victim's party might take revenge in even more gruesome ways. Like in return for a rape, a gang-rape happens. So, in that case, the strategies mentioned in the previous paragraph are recommended.

How to prevent authoritarian rape or any type of rape by strangers:

In such cases, one party is much more powerful than the other party. It can be a double-edged sword. On one hand, if you get raped by a powerful party, you are unlikely to get any justice because no one might believe you or no one will care about the incident. On the other hand, if you somehow strike back and cause harm to the rapist, the criminal can't also seek any support- like what will the rapist say "I wanted to rape that boy/girl but he/she hit me and I could not rape"??? So, as I said before, hit first and hit hard. There is no reason why you need to tolerate rape just because someone is in some reputed position. In our conservative social system, we are often taught to obey and respect others without reason. But as we grow up, we learn that respect is something that needs to be earned – the earlier you understand it, the better. It is a good thing that many schools teach kids about good touch-bad touch; such lessons might come in handy in such situations. A child should be given some basic education about what to do if someone tries to harm them. It can be as simple as staying in groups, shouting when someone touches him/her inappropriately, running and asking for help from someone nearby etc. Such training can be helpful because parents might not be available all the time and situational intelligence can save life. In the case of kids, parents should make a safe space- it can be as simple as a parent willing to listen to the kid (who can be of any age). Sometimes, parents are over-hopeful and do not think about the worst situation- but it is always necessary to prepare for the worst. This does not mean always following the kid wherever he/she goes or keeping the kid locked at home- rather the kid should be taught how to counter such situations and they should be

listened to when they want to talk about something. Even if the victim is not a child, still these points are applicable. As an adult, you have the advantage of having more life experience, intellect and ability to fight back a rapist. Suppose, you are in a crowded space and someone is trying to touch you inappropriately. Maybe you are a young boy or a middle-aged lady and you might feel ashamed to take any action but trust me, you need not tolerate the trauma. You can just tell the person next to you about your situation and you will be surprised to see how much support you may receive from strangers. Any civil person will be happy to prevent rape or molestation.

How to prevent transactional rape:

In the case of transactional rape, it can be very hard to counter because you are the one who is reluctantly consenting to the situation due to unfavourable circumstances. So, in such cases, you need to avoid those unfavourable circumstances in the first place. I have told you about how bad things happen in jail (those cases should act as some motivation to not commit a crime and not go to jail). But in cases where the circumstances are unfavourable for you, you might have to use psychological tactics or even deception to save your self-respect. But this is not easy at all. As a new inmate, you will feel the jail environment is very dark and unhealthy. The environment itself will suck up all your confidence and your body language will show it. The criminals who commit crimes like transactional rape, can and will take advantage of this. Jail is a place where hyper-toxic masculinity is the norm, be it a male prison or female. One useful way to avoid such unfavourable circumstances is to find relatively safer inmates, be a member of a safer

lobby or form a group. But in any of these cases, you need to have some confidence and personality. So, basically, in most cases, it is quite hard to avoid transactional rape. As per some convicts, who shared their experience about spending time in jail, they say that good-looking or young people are targeted to most. So, if you manage to look ugly and old, that might give you a chance to not get off the radar of the rapists. Sometimes, male inmates grow their beards for this purpose.

In case, transactional rape happens in another scenario, like casting couches, it depends upon your psyche whether or not you want to get raped. If you have a strong personality, you can value yourself and say 'NO'. As I said before, people who consent to such activities have a weak mindset. So, it is possible that you might not be able to decide what's good for yourself because you are emotionally weak. So, in such cases remember my advice- IF YOU CAN'T DECIDE SOMETHING ON YOUR OWN WITHIN 1 MINUTE, THE ANSWER IS 'NO'- there you go, I took the decision for you. Go home, take some time, think about it, and talk with your well-wishers or a counsellor (this is called PAUSE model of decision-making). Have faith in God and always remember that bad times stay for only some time.

How to prevent rape by elderly family members:

As you have understood, rape does not happen all of a sudden. The potential criminal develops the rape mindset gradually through different trigger elements. The person starts doing small crimes like touching, verbally abusing or sexualising the potential victims. So, it is important to identify these behaviours and alert the criminal by calling out early and setting boundaries. If this is not done, the person will go

further and commit a bigger crime. Now, the problem is, in Indian culture, there is a hierarchy where the elders must be respected. So, if a younger member calls out the crimes, he/she might be told to keep their mouth shut or he/she might be abused more. In some cases, if the young person talks about this to an elder, the elder person might think that it is a joke. Maybe the potential criminal is an influential member or the only bread-earner in the household- so even if abuse happens, the family members decide to remain silent just to survive. But this is not any solution, the solution is neither to remain silent nor to punish the rapist after something major happens; rather it is necessary to identify and fix the behaviours in an early stage.

The sad thing is, a lot of times, elders do not believe young members. Most of the parents have no parenting skills at all. Suppose, it is a small family where there is only the parents and a child; one of the parents starts to abuse the kid and the other parent remains a silent observer. Here, the kid has no other family member because it is not a joint family. So he/she has to either tolerate the abuse and get destroyed little by little or make some decision to leave that household. For a kid, it can be unimaginably hard to choose the second option- because normally, a kid depends on his/her parents the most. Leaving your house if you can't tolerate is easier said than done. A possible solution is to give these children a safe place where they can report the crimes early. If the parents can't do this, a safe place can be developed by a team of specialists. The trained authorities and psychologists/psychotherapists can do non-legal actions such as counselling the potential rapist. This can be a useful thing because if the kid reports such things early, counselling can sustain the family

relationships (after rape, the member might be arrested and the family will face issues). The potential criminal might be angry or might not agree to take counselling and might say that the accusations are false, but trained psychologists should be able to easily see through the crap (hopefully). Maybe it will be necessary to use some dark psychology to convince the potential criminal to take the counselling, but it will be good for everyone. Alongside this, it is also necessary to provide protection to the kid because the parents might blame him/her for this undesired nuisance. So, regular vigilance or temporary relocation of the kid is necessary. In order to actualise this plan, it is necessary to first develop such a team which will include trained psychologists and psychiatrists and others as per necessity (I am not knowledgeable enough to give detailed suggestions). Then it is necessary to talk about this safe place and propagate a helpline number in different playschools, schools and colleges. Relevant marketing can be done in public places where kids spend time, namely children's parks, playgrounds etc. A marketing strategy should be built in a child-friendly way so that the kids can easily understand and relate and then take necessary actions. Many schools teach about good touch-bad touch, which is a good thing but without a proper action plan like the one I mentioned above, child sexual abuse cannot be prevented. Always remember that it is more useful to counsel a potential rapist beforehand than to provide therapy to an abused kid afterwards. The focus should be to fix a potential criminal. The above blueprint is a mere plan and NGOs can come forward and experiment with this plan to see how useful it actually becomes. The trained team should also

emphasise the fact that the kids are not guilty at any point in time and the parents will not face any legal consequences.

If the abuser is a non-parent family member, also then the above thing is valid. But as I said, the issue is sometimes hierarchical ideologies or financial boundaries. I believe that parents must create a safe place for their kids so that kids can express their experiences and queries. For this, parents just need to be willing to listen to the kids when the kids want to say something. There should be an environment of care. Sometimes, when a kid is abused, he/she is not able to tell the parents even if the parents are friendly. This is because the kid might have seen an environment of toxicity among the parents- maybe the parents behave nicely with the kid but the parents fight among themselves- such things may psychologically affect many kids. Due to such a psyche, kids may become reserved and when they are abused, they decide to remain silent. So, first of all, husbands and wives should learn about how to behave well with each other- at least in front of the kids.

Also, parents don't teach their kids how to deal with such situations or what to do. And it is not the parent's fault- most parents never faced such issues during their time and they don't know how to deal with child abuse themselves- this is why parental counselling and creating awareness is necessary. Educational programs on TV channels can create relevant content in this aspect. I believe that many parents watch TV more than they use social media (I might be wrong). Basically, suitable media platforms can be used. The educational programs must be developed by trained psychologists who have

experience in the field. This is not an easy task because it is hard to change people's ideologies but I can only be hopeful that parents will stand up to abusers no matter how close relative the criminal is.

How to prevent rape by younger family members:

In this case, by 'young', it will usually be someone who is at least late-teen because kids can't rape an adult. In such cases, family hierarchy power should be utilised by the potential victims. But sometimes, the victim might not even have this advantage. Suppose, it's a family where a boy of 25, who is the youngest member and the main bread-earner. This guy develops a porn addiction and tries to abuse one of his elder sisters or cousins. The guardians might face a dilemma because if they punish the guy, he might not be financially supporting the family. So, the victims will be told to keep their mouths shut. Such problems may occur even if there is no guardian, the victim might hold the same thinking - what if the abuser throws the victim away or tortures more? Someone might say that a solution will be to leave the environment without worrying- but this is easier said than done. How many people you know of, are ready to leave their own home? Besides, it is not any fault of the victim, so leaving home is not a sustainable solution. Plus, if the victim leaves home, there is no guarantee that the abuser will not find some other victim and continue the torture. So, the solution here is to call out the inappropriate behaviours early on. It takes time to become a rapist, so a potential victim or guardians should look out for alarming behaviours. As mentioned before, some of these behaviours can be – porn addiction, alcoholism, touching a potential victim

inappropriately, behaving with potential victims inappropriately, sexualising the potential victim etc.

If the potential victim is an elder, it is a duty to govern a young family member and if necessary punish them so that they stay on the correct path. But, this is again, easier said than done- a potential victim might never have been given any safe place to express (in case no one gave that person any importance), then how will the victim know that he/she is capable of protesting just by smacking the abuser? I believe that in this case also, a trained team can create awareness and create a safe place. If an elderly family member is facing issues, he/she can contact such specialist teams who can take non-legal actions and counsel the potential rapist and try to fix the issue by uprooting the evil even before it starts to grow. But as you can understand, this has to be done as early as possible.

The problems inside the above solutions:

1. The blueprint of the specialist team that I talked about, I am unsure of how much it can help in reality- because I don't have any data. Executing such plans needs talented and trained individuals who have to first analyse whether or not the claims of the victims are true. Then they have to analyse how severe the situation is- is the potential criminal verbally abusing or has the criminal started to act physically, what are the trigger elements etc. Plus, it is a subject of evaluation, how the counselling can be planned and how much time it will take etc.

2. In some of the cases, I have encouraged the victims to physically harm the criminal to save themselves. But most people are timid. Like, if you faint when you see blood and I tell you to murder someone, how will you do that? The only solution is to stay vigilant about your

surroundings and stay in safe environments. Otherwise, you just need to prepare yourself to counter the worst situation. This does not mean you need to go and learn karate- first, you need to practise seeing blood and violence. Watch gory things that will numb your fear and prepare you for unfavourable situations. First, prepare your mind to tolerate the unfavourable then you can learn self-protection tactics. Gory things mean content related to blood and violence- I believe this is important to develop a warrior mindset. Suppose, you are in a position where a rapist has you pinned down, you grab a piece of glass and want to hit the criminal- but if you don't have the mental strength to hit how will you do that? Then suppose, somehow you hit but it's a weak hit and the criminal starts to bleed a little and that blood is falling on your face- now your face and clothes are drained with that rapist's blood- if you faint, then what good is that?? So, mentally prepare yourself to see blood. Some of the websites that have a collection of gory videos (mob lynching, road accidents, war kills, forensic scenes etc) are www.kaotic.com, www.goregrish.com, www.bestgore.fun etc. Sometimes, these websites also contain weird porn content but I would recommend you to not watch those because those won't help you. Do keep in mind that, some of you may develop increased anxiety and if so, then of course you need to stop watching such content. Initially, these contents might give you nausea and nightmares but in most cases, you will be able to develop desensitisation. Over time you will develop a strong stomach. Consider this like how Chanakya used to give small doses of poison daily to Chandragupta Maurya to improve his tolerance level.

3. The above point shows how sad the whole scenario has become- I have to give icky advice to innocent people to save themselves. Some of you might say that these solutions are not useful because I don't have any right to take away people's innocence. But I am not doing that, I am rather asking you to develop your mental strength. Our country has had many warriors including females like Rani Lakshmibai, Rani Abbaka, Velu Nachiyar etc. Plus, there were so many people with high levels of mental strength, including women like Rani Padmini, Razia Sultana, Sati Savitri and more. All these people made history due to their mental strength and ability to protest. Think of those thousands of kings and patriots who killed and got killed for their self-respect. In today's time, we all need to bring back such a warrior mindset.

Long term solution:

While I have talked about a few ways to prevent a rape just before it happens, we need to also realise that none of those is a long-term solution. The full-proof way to stop rape is to develop a suitable social system where people have a conscience and take accountability for their own actions. For this, we have to change our educational system.

Often, a rapist's parents receive criticism that they did not teach the rapist to not rape. But such blaming is useless and foolish. As I told you, parents have very less to do with how a kid will become. A kid spends much more time with other people than parents. Plus, it is not like everyone listens to their parents all the time, so we need to stop behaving like hypocrites and blame it on a few people. I have talked before about how parents can create a safe place and they should develop an environment of care in the home- but this does not happen

most of the time because husbands and wives have their own issues. This is why we can't always entrust a kid's personality development to only parents.

Sinu Joseph, who creates awareness about menstrual health, talked about her experience of interacting with Gurukul students. She said that, in normal schools, the curriculum does not focus on developing personality and spiritual skills like empathy. As children do not get any direction in such spiritual aspects, they tend to behave savagely which includes bullying, humiliating others etc. Such an environment might also develop addiction (including porn addiction) among young students. Sinu said that in the Bharatiya Gurukul system things are different, there gurus maintain a holistic approach to developing a student. The Gurukul system is a Vedic education system where the children stay with the tutors and learn different subjects and aspects of life. This stage is related to Brahmacharya (this Brahmacharya is not synonymous with semen retention) - Brahmacharya is a stage of life where one learns the art of self-control and turning thoughts towards god. The Gurukul system is not just a hostel system; rather here the gurus have to live in close proximity to the students, they have to care for the students like a mother and teach them discipline like a father. I believe that in today's time, we all need to learn this art of spirituality. A gurukul system teaches not only typical educational subjects but also lessons about life, ethics, relationships, meditation and yog, self-protection and more. The motto of the Gurukul is to create a lifelong learner who can help society to progress; whereas today's schools and colleges teach us to become slaves. The Gurukul system is suitable for developing ethical and empathetic members in society who can help

others to progress. The concept of living with teachers is useful because, in today's time, many parents work outside and can't give time to kids, let alone life lessons. Plus, many parents don't know about parenting so the kids don't learn much from them. The Gurukul system is the actual reason why ancient India gave birth to so many great personalities irrespective of gender. When the British came to India, they saw the greatness of this education system and realised that this is the backbone of our ideologies, ethics and mental strength. Macaulay was the culprit who planned to disrupt the Gurukul system for the East India Company to take over our country. With the Western education system, there was no focus on personality development so, it was easier to brainwash Indians to comply with their agenda.

As per historian Abhijit Chavda, in the gurukul system, temples were used as the place of education and I think it makes sense as Brahmacharya talks about connecting with Gods. There were separate gurukuls for primary education, secondary education and advanced education. During the formative years of a kid, the gurukuls focused on personal development more. The gurukuls did not discriminate based on gender, religion, caste etc. and admissions were based on meritocracy (based on intellect and merits). One major difference between the Gurukul system and today's education system is the requirement for money. While the ancient education system was state-funded and mostly free, today's system puts a huge amount of financial burden on the students and the parents. Basically, the Gurukul system keeps education separate from capitalism and business.

The Gurukul system helps a child to develop ethical ideologies which help him/her to make suitable decisions in life be it avoiding addiction, harming others or making good decisions promptly. Macaulay forced the Western education system in India in 1835. As this system has no focus on building personality and conscience, it has played a passive role in the destruction of our value system. I don't have any statistics on rape in the early 1800s but from 1971 to 2012, rape statistics increased by 902% in India. While you may blame these on political turmoil and religious wars, it does not change the fact that rapes kept increasing and in my opinion, this is due to improper upbringing and poor ideologies caused by a bad education system. In 2024, almost 200 years have passed with the Western education system but social issues like rape are still a burning issue. So, it definitely means something is not right. In order to change the situation, we need to impose the Gurukul system once again. The crap of the Western education system cannot be cleaned in a few days, that's why I am mentioning this as a long-term solution. It will take at least 50 years which means at least two generations, to effectively change our ideologies and develop strong consciences so that we learn to take ethical decisions- like not to rape.

Now, some people might say that "How do you know that there were no rapes during Gurukul system era?" Well, I did not say that there was no rape. Rather rape has been happening since the start of humankind, but our motive is to reduce the numbers and aim to get zero rape cases. It is a no-brainer that in ancient times, the count of rape was much lower than it is today. And the proof is our scriptures- there is less number of rapes in all Hindu scriptures combined than in one year's

newspapers of the 21st century. There will always be psycho people in society, but we need to strive to achieve the best version of our society, and that's why the Gurukul system is the long-term solution to this problem.

Spirituality is important to develop ethics and conscience. Spirituality is not synonymous with religiousness; it is the way to connect to the higher self so that one can decide to do the right thing. That's why I believe it can solve the problem of rape.

Now, there are some challenges to implementing a nationwide gurukul education system-

1. Clash with capitalist intentions – The Gurukul system does not commercialise education. But the system of course needs some funds- to buy lands, build the infrastructure, and take care of the residing students and other staff etc. A capitalist usually focuses on investing to receive back more money. The Gurukul system might not promise such ROI to any investors. Giving funds to such institutions can only be seen as a philanthropic activity but there are not too many people who can actually fund continuously and selflessly.

2. Availability of suitable people as gurus – The main challenge is to find the right people who can become the Gurus in these institutions. I believe that there should be a team of specialists and generalists in a gurukul. Specialists are subject-matter experts in academic aspects and generalists are life-coaches who can teach non-academic aspects of life. A further problem in this aspect is – remuneration of these gurus. To be honest, everyone needs money for survival. In a gurukul

where funds are limited, a guru might not be remunerated too much. This will demotivate most people. While everyone is running behind money, finding someone without a desire for materialism is like finding a needle in a haystack. But, it is also true that there are many dedicated and honest people who like doing volunteer work. If we can find only a few knowledgeable experts with a volunteer mindset, they can teach more enthusiastic people to become gurus. But this, itself, is a time-consuming process. Becoming a guru in a gurukul needs many sacrifices- the person has to spend more time with the students instead of his own family, the person has to constantly improve his own knowledge to remain a role-model to the students.

3. Mass acceptability – Last but not least, the issue is how well the Gurukul system will be accepted in society. Many of us think highly of the Western education system. Many parents want to choose only the top English-medium school for their kids. In this situation, it seems far-fetched that people will send their kids to Gurukuls. Marketing for the Gurukul system is therefore an actual challenge. It is kind of hypocrisy because when you add marketing to something, the factor of commercialisation increases. Rather than usual marketing tactics like billboards or social media advertising, the institutions should focus on word-of-mouth and maybe influencer marketing to some extent. Basically, we need to connect to society on an emotional level without simply talking about the benefits (because we need to prevent the Gurukul system from becoming a mere product). In the case of choosing influencers, only genuine people should be chosen – this means the Gurukul team should not go to a random celebrity who lacks ethics or who is pretentious- otherwise, it will be hypocrisy. Honest

leaders can be asked for help in this aspect. Lastly, I want to say that the Gurukul system should not focus too much on expansion at the starting phase. Quality is the best marketing strategy, so first, it needs to create good human beings for society and then society will be convinced easily.

Though Macaulay imposed the Western education system in the 1800s, it's not like the Gurukul system has completely vanished from our society. Great minds in our society have established institutions based on the Gurukul models during the British period and even after India's independence. An example is Shantiniketan by Maharshi Debendranath Tagore and his son, the Nobel laureate Rabindranath Tagore (West Bengal, 1863). Shantiniketan's gurukul system focused on learning while having fun and it also focused on spiritual development through meditation. Some more examples are educational institutions run by Shankaracharya Math and Arya Samaj etc. Another example is Sri Sitaramdas Omkarnath Samskrit Siksha Sansad founded in 1986 and it teaches young students how to live a Vedic lifestyle. While most of the gurukuls today have a hybrid operational model of a mixture of Vedic and Western education, only a few actually focus on the original principles of developing humane values in the students.

If you ask me to create a blueprint of a modern Gurukul system in Bharat, I will develop a curriculum that will focus on learning spirituality, practical skills and life skills. I would divide the curriculum into 3 stages based on the age of the students.

1. Students of age 4-8 years:

- They will learn morality, creative subjects like drawing and classical music or dance etc.
- They will also learn simple handicrafts, gardening etc.
- When it comes to language, I would teach them their mother tongue, Sanskrit and Basic English through simple stories, poems etc.
- The kids will also learn basic maths, counting etc. and Vedic maths will be also taught.
- In order to develop their mental strength and spirituality, I would teach them Yogasan, some popular chants like Gayatri Mantra, Saraswati Pranaam Mantra, Nabagraha Mantra etc. These yogasan and chants will be recommended to do on a daily basis.
- Apart from these, I will also encourage the kids to play different indoor and outdoor sports. Each gurukul will have a playground.
- I will not keep any formal examination system during this time but will keep an environment of debate and group discussion regarding the subjects that are taught in the class.
- Knowledge about good touch-bad touch will be taught during this period.
- Indian epics like Ramayana, Mahabharata, Eshop etc will be taught in forms of storytelling.
- Moral stories like Betal Panchabinsati (Ishwar Chandra Vidyasagar), Panchatantra (Vishnu Sharma), life stories of great personalities will be told to the students.

2. Students of age 9-13:

- The kids will learn more about their regional literature, advanced Sanskrit and advanced English.
- I would also include an Indian language that is different from their mother tongue. This is important to destroy the barrier of North and South India which is created by politicians to exploit normal people. So, as an example, a student from Uttar Pradesh will have to start learning Tamil or a student from Kerala will have to start learning Assamese through simple literature.
- Core scientific subjects like arithmetic, physical science, life science, geography will be introduced.
- Knowledge about the environment and sustainability will be rendered during this period and practical projects about sustainability will be taught hands-on. This includes cleaning surrounding areas, cleaning their own residence, recycling, rain-water harvesting etc.
- Practical skills like basic computers, sewing, basic agriculture, poultry farming or animal husbandry will be taught to the students.
- Along with basic yogasan, the students will have to learn some form of combat training or self-protection tactics through karate, muay thai or martial arts etc.
- The spiritual journey of the students will progress as usual through chanting, Yogasan and Pranayam, and more Vedic

scriptures will be introduced to interested students. Bhagabat Geeta will be taught regularly during this period. Some rituals like basic puja-bidhi, tarpan-kriya etc will be taught.

3. Students of age 14-18:

During this period, there will be some common subjects for male and female students while some other subjects are based on genders.

- The students will learn any two or three of their favourite languages- it can be either something they have learned so far or completely new languages or a mix of both. English will not be forced on the students.
- Based on their interests, they will choose which core 1-2 scientific subjects they will learn further.
- During this period, I will introduce Indian history where I will use storytelling. Indian history will not glorify foreign invaders but will talk about heroes of our motherland. This will be done to develop a sense of nationalism and patriotism among the students. Unspoken heroes like forgotten heroes, famous scientists, businessmen etc. will be also included in History lessons.
- Lessons from Artha Shastra and Chanakya Neeti will be important subjects during this period.
- Sex education will be introduced during this period where topics like sex organs, reproductive process, menstruation, pregnancy, consensual sex, STDs etc. will be taught to all students.

- Advanced practical skills like coding, Ayurved, emotional intelligence, psychology, astrology, public speaking, basic cooking, basic medical knowledge (first aid, CPR etc.), driving, money management, basic parenting skills etc will be taught one after another. There will be an evaluation process for these practical skills.
- The students will also be taught the art of living from selected parts of Kamasutra (Vatsyan) - such as the duties of husbands and wives will be taught. Topics like masculinity and femininity will be discussed.
- Basic human rights as per the law will be taught to the students.
- The students will be given tasks like organising cultural events or selling products in an offline marketplace in order to develop their teamwork, sales skills and decision-making abilities. These skills will help them to choose careers in the near future.
- The students will regularly keep practising chanting, yogasan and combat training in order to train their body and mind.
- Movies and documentaries about business, social issues, success stories, and history can be shown to the students in order to make them more familiar with reality.
- For boys, they will learn more about physical training, leadership, and decision-making. Boys will be often sent to outdoor activities like camping but with very limited resources so that they learn about outdoor survival techniques. If possible, they will also

receive training in hiking, sailing boats, woodwork, masonry, electrical equipment etc. Boys will be taught about women's psychology.

- For girls, they will learn more about their health and well-being. Advanced sewing works, embroidery, animal husbandry will be taught on a regular basis. They will learn more about household management, cooking and childcare. Girls will learn more about self-defence and managing own emotions. Girls will be taught about men's psychology.
- For the above two gender-specific cases, if the other gender wants to take part in other gender's activity, that opportunity will be given. As an example, if a girl wants to learn woodwork, she can do so- but she has to mandatorily learn girl-specific subjects. Similarly, if a boy wants to learn about cooking, he can do so - but he has to mandatorily learn about boy-specific subjects. Basically, one cannot neglect own curriculum and learn other's.

Now some of you'll say "Vroooo, why are you so sexist?" - Well, the world is sexist and equality is a scam; plus, it's not like I hate any particular gender, I hate everyone equally. Modern education teaches women that unless they behave like men, they are losers; money has become the only parameter of success- how does that empower womanhood? There is equal opportunity but it does not ensure an equal outcome. I want boys to become men and embrace their masculinity while girls to become women by nurturing their femininity. By creating such a gender-specific curriculum, I am helping the students in decision-making.

After the age of 18, the students will be able to leave the gurukul and start working. By this time, they will develop enough skills to start their own business (either manufacturing or retailing or servicing). The students who are interested in further studying, can specialise in any subject they want (like coding, medicine, politics, biotechnology, electrical and electronics, surgery, philosophy, literature, law, art, psychology, agriculture, archaeology, nanotechnology, nuclear engineering, aerospace engineering etc.). They can choose to do research work on core subjects and become a scientist or specialist. Or they can become a subject matter expert in a subject and become a teacher or guru.

Throughout the curriculum, the gurus have to behave like a guardian. Based on Chanakya Neeti, a guardian must teach etiquette to children of 6-15 and if needed punish them to teach them discipline and accountability. After 15, the gurus have to treat them like a friend.

The parents of the students will have the opportunity to visit the kids during the weekends or in an emergency. The students will have the option to visit their homes during festivals or events. The gurukul will also celebrate different events and festivals where teachers and students will take part together. Some examples can be Saraswati Puja, Deepabali, and Teacher's Day etc.

The Gurukul system will not consider Saturday and Sunday as holidays when it comes to classes. However, a student might skip classes if he/she is not willing to attend class or is physically sick. The guru is responsible for helping that student learn what he/she missed. However, the whole curriculum is designed to increase conscience and

accountability among the children, so as the students spend more time in the gurukul, they will become more disciplined. Furthermore, the curriculum focuses heavily on practical knowledge and interesting subjects, so the kids will be naturally interested in attending the classes.

The above blueprint is my personal opinion. I am not an expert in this subject and I might have missed many things. So, if anyone wants to follow the blueprint, further research will be necessary to develop a genuine plan so that no major challenges come across.

Some challenges-

- In the spiritual part of this whole journey, I have only kept Sanatani scriptures and rituals. It is because I don't have any idea of other religions, so I am unable to evaluate how effectively one can include teachings and rituals from other religions like Islam, Christianity etc. In this aspect, further research is needed, which can be done by studying the operations of Madrasa or Convent schools.

- It is not possible for just one or two gurus to teach all the above subjects. So, specialists can be invited. As an example, in order to teach about electrical equipment, the gurukul can ask an electrician. Do keep in mind that it is necessary to learn from people who have theoretical knowledge.

- Nation-wide implementation will be a challenge for this blueprint. Maybe, it is necessary to create a governing body for the gurukuls (like we have CBSE, ICSE, MAKAUT etc.). This is necessary to build credibility. The governing body's task will be to take legal aspects, help

the gurukuls with funding, dispute resolution etc. Suppose, one Gurukul student wants to become a brain surgeon and he studies accordingly and in the end, the Gurukul permits him to practice but the hospitals and medical companies will need some type of certificate as proof to validate. Even if the Gurukul gives the student a certificate, the corporates might not accept that. So, the governing body has to join hands with the corporates. The other way is that the governing body has to create its own ecosystem like - hospitals run by experts who studied in Gurukuls. But to develop such ecosystem, it will take huge investments. Like, if there is an advanced gurukul that teaches the students about nuclear engineering, then after completion of studies, the students need to start working in a nuclear power-plant or radiation therapy centres. So, founding such power-plants or radiation centres can take quite some funding. So, the first hurdle is to develop an accreditation body that can set suitable standards and offer credibility. Such organisation should be run by gurus so that there remains no corruption and bureaucracy. Legal and government support is crucial in this aspect. Only a nationalist government can support such plans that has the ability to disrupt the whole social system.

- Acceptability can be another issue. Admission of students is the first hurdle to cross. In my opinion, we need to start the gurukuls in village areas first rather than in cities. In villages and small towns, poverty is high, so it will be easier to convince the parents to let the students stay with the gurus. In my opinion, people in villages are much simpler and it will be easy to teach them fast. It is very well possible that these kids will surpass city kids in terms of smartness, leadership, intelligence

etc. Once such happens, the craze for gurukuls will increase and demand will increase. Based on demands, more gurukuls will be established in tier 2 and metro cities. Thus, a bottom-up approach can be considered to roll out the whole plan.

If you are a normal person who does not have any fantasy about raping or if you are not a rapist, then the next two sections are not for you.

If you have found the book valuable, you may share it with your dear ones so that they can read it for free. The book has been originally written for public benefit.

Do you have rape fantasy?

It is true that, due to bad upbringing and habits, many people develop addiction. A fantasy to commit rape is also a result of such addiction. If you are someone who has a rape fantasy and has not committed any rape till now, let me tell you that you can be a better person than you are now. It is the fault of your environment that you are being pulled downwards but you can become a better person if you become aware of your own self. By becoming aware, you can carefully change your environment and habits. Maybe you were neglected by your parents, maybe you have some childhood trauma or maybe you just have bad friends- which pushed you towards addiction. And eventually, you have developed an addiction to extreme porn content like rape, abuse, child porn etc. With some easy ways, you can detoxify your mind and live a better life.

Process 1-

A major reason people get addicted to porn is boredom- this is why kids watch porn while online classes or while working a 9-5 job. Today's education system and corporate jobs have nothing creative in them, so our idle mind becomes the devil's playground. Creative energy connects you with a higher self because in order to create, you need some level of Sadhana in the form of dedication, hard work and persistence. If you can utilize your creative energy in a better way, you will find less time to watch porn- this is a good way to avoid addiction. The point is- to get a hobby- it can be gaming, reading, drawing, debating, working out, pottery, cooking, woodworking, writing, gardening, vlogging etc. If you become good at these, you can also earn

money using your skills. The challenge in this process is that you are just suppressing your true urges by putting up barriers with your willpower - there might be a moment of weakness which can break that willpower and make you submit to your evil mind.

Here are some sources that can help you fix your addiction and help you reclaim your healthy mental health.

75 Days hard Challenge: How to Stop Porn Addiction – By Study Glows

<https://fmatb.courses.store/438815>

Process 2-

You might have heard that you can control your thoughts with meditation. But in reality, thoughts cannot be controlled. Rather, focus on not being controlled by your ill thoughts. An effective way to reduce your horniness or sexual impulses is to do a simple Kegel exercise. In Kegel, you have to tighten your pelvic floor muscles (the muscle you use to control your bladder from peeing and the same muscle you use to control pooping) for 3-5 seconds. Then loosen the muscle for 3-5 seconds. And repeat it for a few minutes. This can be done by anyone irrespective of gender. Psychologically, it will remove your focus from negative thoughts. Physically, it will strengthen your pelvic muscles and improve your sexual ability. Spiritually, it cleans and improves the Root Chakra (Muladhar Chakra). There are many good tutorials on how to do Kegels, in case you did not understand what I said, search 'How to do Kegels' and check some of the tutorials. The challenge here is to be mindful of your feelings and remember to do this process at the correct time.

Process 3-

Another way is to reduce the frequency, time spent and quantity of the rape-related content you consume. The focus will be to avoid watching harmful porn that is affecting your personality, thought process, relationships and work. You can try to watch other genres of porn which are ethical and less extreme. Do note that watching porn has nothing to do with having sex or masturbation. If you detoxify yourself, it will positively affect your personality. The challenge here is that sometimes, your willpower might not be strong enough to follow this process as you are just hiding your true urges.

Process 4-

There is a technique called Neuro-Linguistic Programming (NLP) which is a type of self-hypnosis. This is different from using willpower because, in the case of willpower, one has to make an effort. When you are using your willpower to stop consuming porn or stop committing any bad habits, your mind divides into two parts- one part wants to commit the deed and achieve gratification while another part wants to stop doing that (challenge of Process- 1 & 3). Whenever there is a fight, one party will win and it is possible that the negative mind wins sometimes. This is why many people fail after a few days of starting a diet, gym or no-fap; and afterwards, they start submitting to the habit more and more. NLP is used to reprogram your mind in such a way that you will naturally be repelled by your negative habits. So, if the thought of raping naturally seems to repel you, it automatically becomes easy to avoid consuming such content to coming relevant crimes. Though this process is yet to be scientifically approved, many people who have practised NLP, have seen good results in changing habits and improving lifestyles. If you have a rape-fantasy, you may consult with an NLP practitioner to reprogram your thought process.

Are you a rapist?

If you are a rapist and you have harmed people just because you felt like doing so, let me tell you that I have no sympathy for you. This is what I will do when I get you-

For male rapists, I will keep you captive naked in a place where no one can hear your scream. I will chop off your fingers one by one, but not altogether. There will be a gap of 1 week after cutting a finger. There will be a timer in that room, which will show you how much time is left before your next finger is getting chopped off. The one-week time period will be there to give you some healing period so that each time I cut your body part, you will feel that same pain again and again. After I cut off your fingers (of hands and feet), I will cut off your tongue and nose. I will tattoo the word “rapist” all over your face. In the end, I will bust your testicles by hammering and castrate your penis while you scream on top of your lungs. Based on the intensity of your crime, I might dissolve your penis and testicles with acid instead of castration. You will beg for mercy but just like you did not show any mercy to your victims, karma will return back to you this time. I will make sure to bandage you so that you don't die from bleeding. I won't harm your eyes and ears because I want to see the hatred and disgust in people's eyes when they see you, and I want you to hear how people say humiliating words about you. With this, you will feel the same feeling of helplessness that you caused to your victims.

If you are a female who helped a rapist to rape another human, I will punish you too. Don't worry, I won't rape you. I will rather make you feel raped in a psychological way. I will anonymously spread fake news

about you being a prostitute- in your neighbourhood, among your near and dear ones. If you have harmed another woman, you have failed your own womanhood. Just like you snatched away someone's self-respect, you will face the same consequence where you will lose all your respect in society. I will make sure that the fake news spreads as much as possible, I will use social media with your phone number and address saying you offer the best 'service'. I think you will be very popular after that and you'll receive many calls daily. Strangers will knock on your door every day, whereas your family members will disown you. You might change your number or your address but be assured that I will hunt you down and do it again and again. When your kids start going to school, I will also spread the rumour there so that eventually your kids start to hate you. Thus, you will also be deprived of enjoying your motherhood.

Resources

Scan the QR code to find all resources used to write this book



If you liked my research and wish to support me, you can pay me any amount so that I can buy water or juice (as I don't consume tea & coffee).



paypal.me/arijit963

About Author

I love God, my mother, money, acquiring knowledge, silence, long walks, Bengali story books, optimism, healthy foods and meaningful relationships with cute ladies.

You can email me and tell me how much you hate me: vivaatresearch@gmail.com (though there is no guarantee that I will pay attention).

~Thanks~

Notes

